



YANKS WIN

A.J. BURNETT COMES UP HUGE,
OFFENSE FINALLY AWAKENS {page 32}

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Chopper tragedy on the East River

- ▶ Sightseeing trip goes from fun to fatal when helicopter plummets into the water
- ▶ One woman killed, four injured ▶ 28 helicopter crashes in three decades {page 02}



The sex issue



WHAT TURNS YOU ON?

- ▶ We polled nearly 4,000 readers worldwide to find out what flicks their switch
- ▶ Take Metro's naughty quiz
- ▶ Top Internet porn searches revealed {pages 12-18}

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In the news

Suspicious package in Times Sq.

Police removed a suspicious black backpack from an M7 city bus yesterday morning. Riders evacuated near the intersection of 49th St. and Seventh Ave. just after 9 a.m., according to DNAinfo. A bomb squad officer then boarded the bus. ● METRO/CG

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Eyewitness to tragedy

NEW YORK. Kips Bay teacher Robert Dress brought his 9-month-old son to watch the helicopters take off and land at the 34th Street Heliport yesterday afternoon.

But instead of a fun-filled outing, the two ended up having front-row

seats to a nightmare.

The helicopter went down so fast that he didn't realize what he was seeing, Dress recalls.

"I was watching it go down. It didn't go down slowly. It wasn't a graceful thing — it was very violent," he said. "It didn't

break apart. It went around in circles and went straight down."

Dress called 911 immediately after seeing the crash. He then saw a man in a wet suit leap into the water to pull out a woman.

"He's the real hero today," he said. ● METRO/EAE



► Robert Dress recalls seeing the red chopper go down.

Quoted

"Four out of the five got out on their own; the fifth got trapped in the helicopter."

MAYOR MICHAEL BLOOMBERG

Skyline tour turns deadly

► Woman killed when helicopter with five aboard crashes into the East River ► Three other tourists and pilot of aircraft able to escape to safety



► Police and rescue boats search the murky East River yesterday at the spot where the chopper went down.

What was intended as a sightseeing tour above the Manhattan skyline ended in tragedy yesterday when a woman died after the private tourist helicopter she was riding in crashed into the East River.

The helicopter, which was carrying five people, had just taken off from the 34th Street Heliport when, Mayor Michael Bloomberg said, "Apparently the pilot said he was having trouble and turned back around."

Instead of landing

again, the Bell 206-Jet Ranger crashed and sunk into the choppy river.

The pilot, Paul Dudley, is reportedly the director of Linden Municipal Airport in New Jersey, Bloomberg said.

"Apparently the pilot knew the passengers and came over to pick them up," he said.

The pilot and three other

survivors were pulled out of the river after either swimming on their own or clutching the upside-down helicopter's landing gear as it slowly sunk.

The last passenger to be found was reportedly a 40-year-old woman from Sydney, Australia. She was pulled from the water just before 5 p.m. and pronounced dead by the FDNY.

Bloomberg said two of the passengers were British and lived in Portugal, and the other two

lived in Australia.

"New Yorkers feel for this family, and we wish it had not happened," he said. "It's a sad day."

One survivor remained in very serious condition last night. According to reports, Dudley made an emergency landing in 2006 when his Cessna engine quit near Gravesend Bay. He landed in a field, and there were no injuries.



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Past crashes

NEW YORK. This isn't the first time a helicopter has gone down in Manhattan: 28 choppers have crashed in the last three decades. Two years ago, a tourist helicopter crashed into a small plane above the Hudson, killing five Italian tourists, two pilots and two others. And in 1990, a helicopter crashed into a 14-story building, killing the pilot. In 2005, two helicopters crashed three days apart in Manhattan waters, one carrying six business executives and one carrying six tourists. ● METRO/AB

Call for tighter rules

NEW YORK. Rep. Carolyn Maloney called yesterday for an investigation into the bustling air traffic above Manhattan. "Federal transportation officials should investigate not only the causes of this crash, but also whether it is safe to have such a high volume of helicopter traffic over our city," she said. ● METRO/AB

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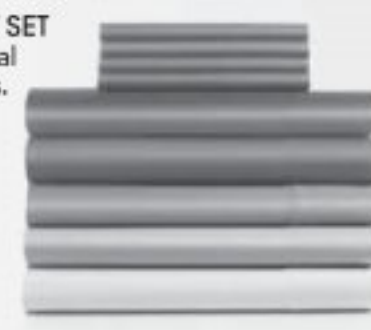
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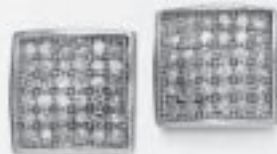
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Anti-Jew crimes on the decline

NEW YORK. The Anti-Defamation League released new numbers of anti-Semitic incidents in 2010 in New York, showing that statewide hate crimes have declined slightly from

209 in 2009, to 205 in 2010.

The majority of incidents in the state occurred in New York City, where a total of 133 anti-Jewish attacks, like harassment, vandalism and assault, were reported. New York ranks second in the nation for anti-Semitic activity, behind only California.

● METRO/EAE

Girl Scouts bigwig robbed cookie jar?

► Ex-finance director charged with bilking funds ► Prosecutors say she spent the cash on cosmetic work, lavish cruises and jewels ► Manhattan DA said her alleged crime violates the trust of young Girl Scouts citywide

A top official of the New York City Girl Scouts was caught with her hand in the cookie jar, Manhattan prosecutors said yesterday.

Yaasmin Hooey, the former finance director of the Girl Scout Council of Greater New York, siphoned funds from the nonprofit directly into her pockets, prosecutors say.

Hooey, 35, was indicted yesterday for allegedly stealing \$311,586 from the Scouts.

"Nonprofits are not personal cookie jars," said Manhattan District Attorney Cyrus Vance, unable to resist a quip.

She spent the money on gym memberships, cosmetic procedures and \$14,000 worth of bling for herself, prosecutors allege.

Hooey was an employee of the Manhattan-based group for two years before being hired full-time as their director of finance, which gave her access to the bank accounts, writing checks and transferring money.

Prosecutors say she wrote 65 checks from the payroll account to herself, forging the signature of the Girl Scout's CEO. She



► Yaasmin Hooey, above, allegedly used the New York City Girl Scouts as her personal piggybank, alleges the DA.

also transferred money straight into her personal account, they said.

Not only did Hooey steal from an organization where young girls spend hours selling cookies to raise money, she also violated the trust of the girls that the organization serves, Vance said.

She is also charged with failing to file her taxes, and failing to include the money she stole.

According to her Facebook profile, martial arts are a hobby of Hooey's.

Ill-gotten gains?

How did Hooey allegedly spend her \$311,586?

- \$18,000 in restaurants and bars
- \$14,000 diamond ring
- Groceries
- Metro-North
- Railroad tickets
- Gym membership
- Clothing
- Cosmetic laser procedures
- Cruises
- Travel
- Concert tickets



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► New York's classy commode beat out Turkish, French and British bathrooms for the title of No. 1 in the world.

NYC's porcelain throne

This may be the nicest public bathroom we've ever seen. A tourism website ranked the world's public bathrooms, and surprisingly, New York City landed the No. 1 seat. VirtualTourist.com gave Bryant Park's pristine privy first place, due to its "classical music, fresh flowers and even an attendant." ● METRO/EAE

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► The two robbery suspects were caught on videotape breaking into the apartment, according to police.

Police hunt pair in UES home invasion

► Police say two men broke into apartment, tied up four people and took valuables worth hundreds of thousands

Cops are hunting for two men who broke into a Turtle Bay apartment in broad daylight on Monday afternoon, tied up four people inside and stole from a bedroom safe.

The two suspects, caught on video both entering and roaming inside the apartment, forced their way into the home on East 51st Street between First and Second avenues around 2:45 p.m. Monday, cops said.

Linen manufacturer George Bardwil, who lives in the garden-level apartment just blocks from the United Nations, told The

\$100K

Bardwil said his watches, including a diamond-studded Louis Vuitton, were worth up to \$100,000 each.

New York Times that he answered the doorbell only to be confronted by the two robbers, one who shoved a gun in his face.

They used phone cords and twine to tie up Bardwil, his two friends and his housekeeper, he said.

After stealing their wallets, phones and watches,

they went into the bedroom and took antique jewelry.

Cops described the suspects as about 25 to 30, with one wearing a Yankees hat and blue-and-white striped shirt.

Police would not say whether they thought it was a targeted attack or if the suspects were Manhattan-based.

"Who knows where they are," a police spokeswoman said. "Hopefully someone will notice and call in a tip."



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Did NYPD profile Muslims?

NEW YORK. Lawyers in a federal lawsuit against the New York Police Department asked a judge Monday to allow them to investigate whether the police had violated orders when monitoring Muslim neighborhoods as part of their anti-terrorism surveillance.

The lawyers cited a recent article by the Associated Press that said CIA agents directed NYPD officers to carry out actions that might constitute spying, such as hanging out at Muslim bookstores and mosques undercover.

The lawyers suggested that the police officers may be violating guidelines set up in 1985 to monitor how the NYPD investigates political and religious groups.

● METRO/AB

Cop shot in Brooklyn

EAST NEW YORK. An off-duty police officer was shot in the elbow and hand as she drove in East New York Monday afternoon. Police said the incident did not appear to be targeted, and that the victim was accidentally in the middle of a gun battle between two groups. The 38-year-old, who has been on the force for 17 years and reports to a Queens precinct, was in stable condition. ● METRO/AB

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Cocktails Rings.....	\$15,500	Art Nouveau.....	\$12,500
Charm Bracelets.....	\$5,500	Lavallieres.....	\$8,000
Earrings.....	\$10,500	Garnets Jewelry.....	\$1,000
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Victorian.....	\$10,500		

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\$5.00 1842C Small Date, 1861D, 1864S.....	Up To.....	\$6,500
\$5.00 1909O, 1929.....	Up To.....	\$6,500
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1796 9 Leaves Below Eagle.....	Up To.....	\$8,000
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A Note Regarding the Up To Prices Listed in this Ad

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth \$7,000 in new condition or less than \$20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

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Coins & Bullion.....	Bring for quote	
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— J. Grace

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— A. Davis

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— J. Simak

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— C. Sweeney



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Cops nab suspected BK groper

Police arrested a man Sunday in Brooklyn who is accused of groping three separate women — but cops are still searching for a predator who attacked and sexually assaulted 10 women in Park Slope and Sunset Park.

"This is a completely separate person," an NYPD spokesman told Metro.

The man arrested, Federico Chamorro Yax, 22, allegedly attacked two 22-year-old women walking together down 56th Street in Bensonhurst on Sunday.

He approached the two women, they said, and then grabbed and groped one of them. The women attacked him, and wrestled



him to the ground, scratching him before he ran off. Police said Yax also attacked a 30-year-old woman on Sept. 4 on 65th Street in Bensonhurst. He reached under her skirt and groped her, said police. ● METRO/AB

Calling out the MTA? Dial 511

NEW YORK. The MTA announced yesterday that New Yorkers can now dial 511, the New York State Travel Information Line, for help with any and all MTA-related issues.

Previously, the MTA posted up to 117 public phone numbers. The MTA hopes the single number will clear up confusion when customers are confronted with a long list of agencies and departments, MTA Managing Director Diana Jones Ritter said.

The MTA also launched 511NY.org yesterday in conjunction with the new number. ● METRO/EAE

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Commissioner

Newest iPhone not up to expectations

- Fans, markets react to newest offering from Apple
- Slightly revamped phone not quite revolutionary

Apple Inc. took the wraps off a new iPhone yesterday, but may have left some fans wishing for more than an updated version of last year's smartphone.

Newly minted CEO Tim Cook helmed his first major product launch with aplomb. The operations and supply-chain expert, not known for pitching products, stood in for ailing co-founder Steve Jobs, who did not show up as some expected he would.

The new iPhone is souped-up and comes with voice recognition and a better camera as expected, but it did little to lift the bar for smartphones.

The latest iPhone come



at a critical juncture as Android phones by Samsung Electronics and other competitors close in on Apple's lead. Android phones dominate the U.S. market three

years after Google introduced the software.

Apple launches are some of the hottest events on the tech calendar. Tuesday's "Let's talk iPhone" show marked Cook's unofficial debut since taking over from Jobs in August.

Apple must sustain the popularity of its iPhone 4, which is more than a year old. Apple sold more than 20 million units in the third quarter. The iPhone, which accounts for more than 40 percent of Apple's sales, has been a big success since it came out in 2007 — making Apple into one of the world's leading consumer electronics companies. **REUTERS**

Crime. Book deal?



► "[Knox] has earning power now that she is free," said Candace Dempsey, Seattle-based author of "Murder in Italy." "She is a beautiful girl and she has a dramatic story to tell."

Knox returns home to US

American student Amanda Knox flew home free yesterday after spending four years in an Italian jail, leaving the family of murdered British student Meredith Kercher racked with anguish that they are no closer to the truth about her killing. Prosecutors had alleged that Kercher resisted attempts by Knox and associates to involve her in an orgy. **REUTERS**

Muppet addition is hungry

LOS ANGELES. A new poverty-stricken Muppet will highlight the issue of hunger struggles on an episode of "Sesame Street," the show said in a statement yesterday.

Pink-faced Muppet Lily, whose family deals with food insecurity, will join old favorites on a one-hour prime-time special featuring country star Brad Paisley and his wife Kimberly Williams Paisley called "Growing Hope Against Hunger," to air Oct 9.

The new Muppet will bring awareness to the ongoing hunger struggles that families face in the United States, the show said. **REUTERS**

"Food insecurity is a growing and difficult issue for adults to discuss, much less children."

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News in brief



▶ Gov. Christie

'Now is not my time' to run

TRENTON. New Jersey Gov. Chris Christie dashed hopes yesterday that he might make a late leap into the 2012 Republican presidential race.

Christie's 45-minute news conference gave voters a taste of what they will miss in not having him on the campaign trail, a straight-talking politician so comfortable in his own skin that he could laugh about news coverage of his ample waistline. **REUTERS**

Terror suspect: US a cancer

DETROIT. The Nigerian man accused of trying to blow up a Detroit-bound flight on Christmas Day 2009 called the United States a "cancer" just before jury selection began yesterday in his trial.

Umar Farouk Abdulmutallab, 24, is charged with attempting to detonate explosives sewn into his underpants as Northwest Flight 253 approached Detroit. **REUTERS**

Jolie steps up refugee role

GENEVA. Angelina Jolie will be taking on a new role in the world's most acute refugee crises, the American actress and United Nations refugee agency UNHCR said yesterday, to help resolve the fate of 2.7 million Afghan refugees in Pakistan and Iran. **REUTERS**

TSA testing new no-shoe-removal airport screening

▶ Pilot program may reduce hassle at the airport ▶ No word yet on when regular passengers will have option

WASHINGTON. The U.S. Transportation Security Administration today began a program aimed at speeding the most frequent travelers through airport checkpoints without the usual security measures such as removing shoes.

The pilot program, called PreCheck, is at four airports, in Miami, Dallas, Detroit and Atlanta and includes only travelers who have been invited by the TSA and approved after background checks.

"We are looking at how to further enhance security through passenger pre-screening and, whenever possible, expedite the screening process for travelers we know and trust the most," Transportation Security Administrator John Pistole said today in prepared remarks for a conference in Amsterdam that was sponsored by the International Air Transport Association.



▶ Happy feet?

Some members of the U.S. Customs and Border Protection's trusted traveler program, as well as some frequent fliers, were invited to join PreCheck.

The program is free of charge. Citing security reasons, the TSA hasn't disclosed how it selected the participants.

The TSA must expand PreCheck to include anyone willing to submit to criminal and commercial data checks and provide a biometric, such as a fingerprint, to meaningfully improve airport security, said Geoff Freeman, executive vice president of the U.S. Travel Association, a Washington-based organization representing the travel industry. **BLOOMBERG**

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As many as 8,000 passengers per day are expected to move through the expedited checkpoints, a TSA spokesman said. Approved passengers will receive coded boarding passes that enable TSA agents to refer them to a separate screening lane.

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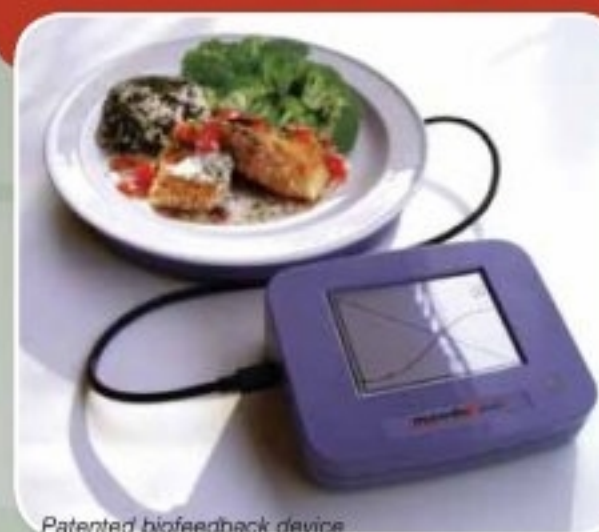
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your answers

► Nearly 4,000 people across the world answered our online poll ► We asked what turned you on or off ► Here's how you feel about cheating, being cheated on and ugly sex

THE 2011 SEX SURVEY RESULTS SAY ...

Sex by the numbers:

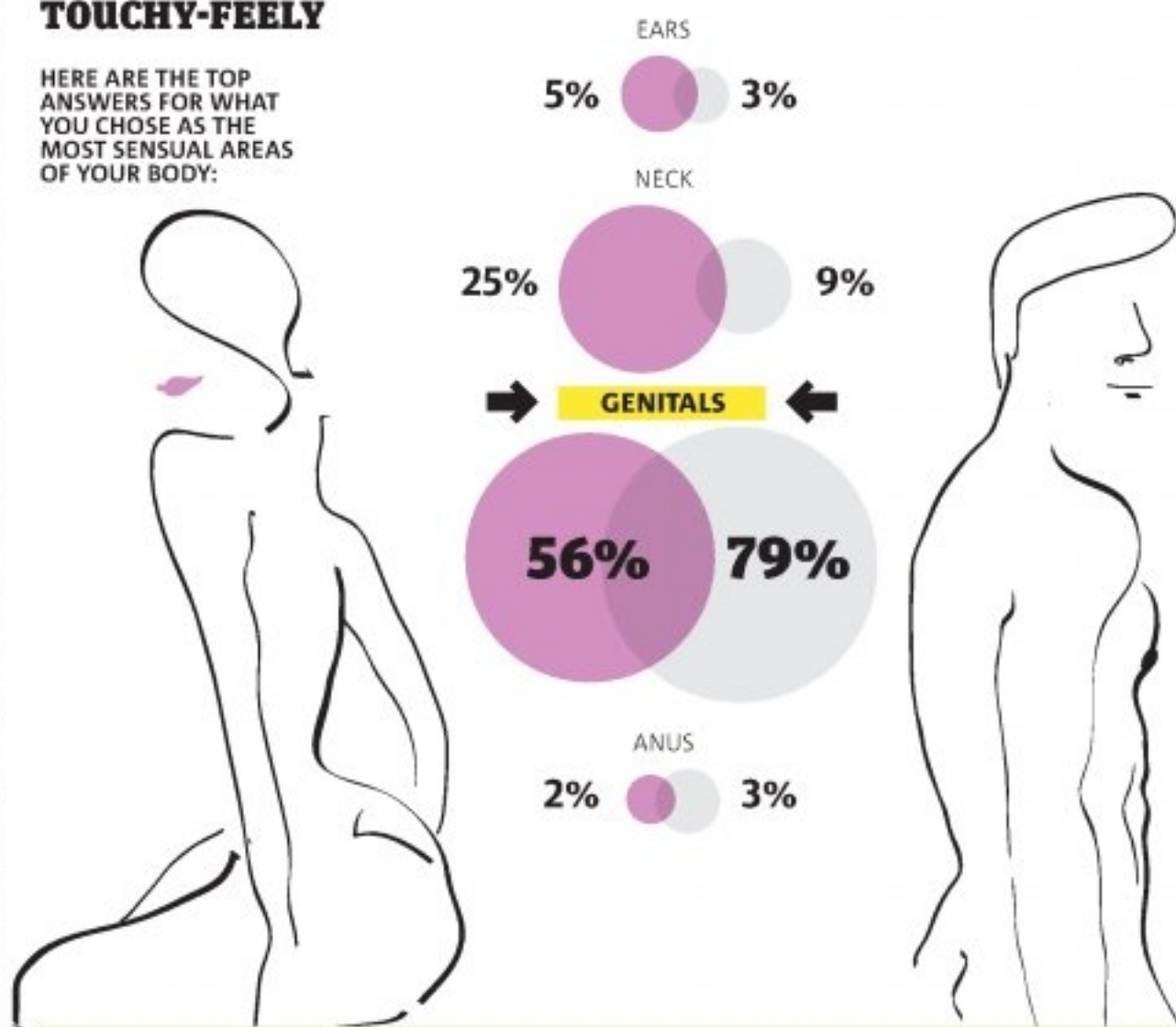
TURN ON

WHAT'S YOUR SECRET TRICK TO TURNING YOUR PARTNER ON?



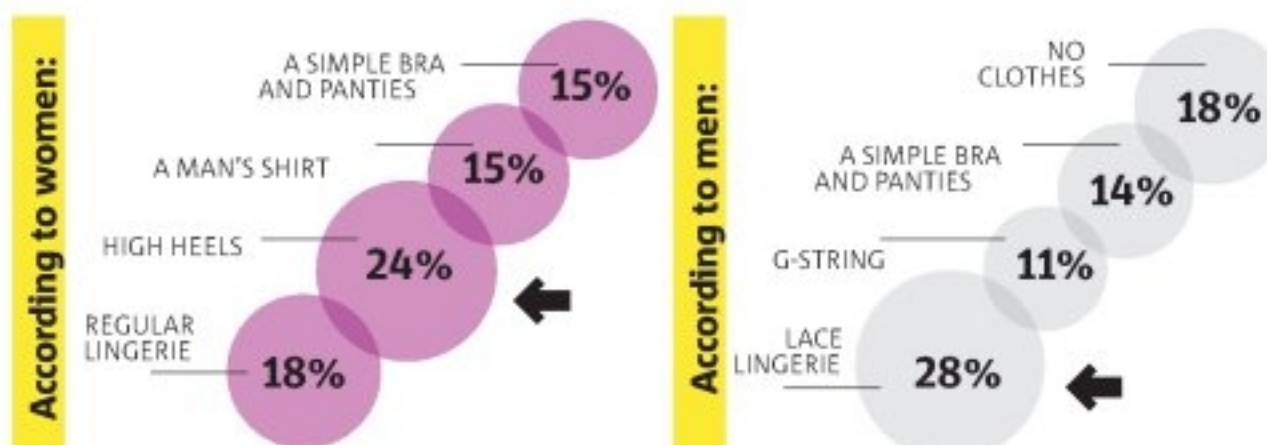
TOUCHY-FEELY

HERE ARE THE TOP ANSWERS FOR WHAT YOU CHOSE AS THE MOST SENSUAL AREAS OF YOUR BODY:



SEXY THINGS

WHAT'S THE SEXIEST THING A WOMAN CAN WEAR?



Every year, we poll our readers about their attitudes toward sex, and the results provide a peephole into their deepest, darkest desires. But this year's was the first survey deemed, in some Metro countries, too hot to run. Why? We got dirty. We asked about masturbation. We asked about infidelity. We asked about, to be honest, the really rude stuff. Here's what we learned.

HOW OFTEN YOU'RE AROUSED

Forty percent of our women admit they're "aroused" every few days, with "weekly" and "a few times a day" coming in second with 17 percent. But if you're a dude, you're probably reading this paper with one hand. Most men (54 percent) are aroused a few times a day, especially Mexican men, 75 percent of whom are regularly turned on.

HOW OFTEN YOU HAVE SEX

It takes two to make a thing go right, so it's not surprising men's and women's answers lined up here. The overwhelming answer was weekly, with 47 percent (women) and 49 percent (men). Eleven percent of women, and 8 percent of men, admitted it's "been years" since they had sex. Six and four percent were virgins.

HOW OFTEN YOU MASTURBATE

Ladies, the romantic news is 18 percent of men claim they think about their current partner when they beat the bishop. That said, 11 percent think about multiple partners and another 11 percent about past lovers, while 10 percent dream of porn stars. At least you have a good chance of coming up in the rotation: A strong 20 percent say they do it every day.

As for women, only 5 percent masturbate every

day. Weekly (27 percent) was more common, but additively, y'all do it a lot less: Monthly (19 percent), a few times a year (18 percent) and "it's been years since I tried" (17 percent).

WOULD YOU CHEAT?

Or more correctly, we asked: "If you were married, and could cheat without getting caught, would you?" An outraged 57 percent of men said: "No way!" But wives may still want to tighten that leash: 33 percent said yes! Meanwhile, 75 percent of women overall said they'd never cheat, with only 18 percent saying they would. They might want to reconsider when they see how forgiving men are ...

WOULD YOU FORGIVE?

Surprisingly, most men would take back their cheating wives — but women would tell their men to get stepping. A resounding 56 percent of women said they could not get back together with their cheating partner, with Swedish women (70 percent) the most adamant. Only 35 percent of women overall said they would reunite.

Men were more forgiving, with 48 percent agreeing to take their cheating partner back. French men were forgiving, as were Hungarians. In unrelated news, we are moving to Hungary.

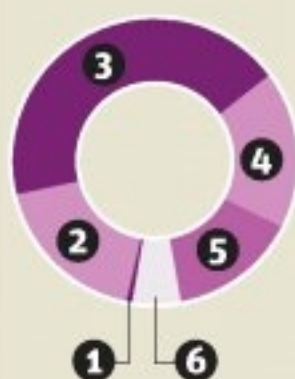
TAKE HOME SOMEONE UGLY

Have you ever had sex with someone you found unattractive just because? Eighty-six percent of women in the Netherlands said no. And what about the Sex and the Cityfied U.S.? Only 26 percent of women have done this. Their male counterparts have lower standards: 53 percent of them have had sex with someone they didn't like, which is in line most other countries. ● METRO WORLD NEWS

Arousal

HOW OFTEN ARE YOU 'AROUSSED'?

WOMEN:



- 1: EVERY HOUR 7%
- 2: A FEW TIMES A DAY 17%
- 3: EVERY FEW DAYS 40%
- 4: WEEKLY 17%
- 5: MONTHLY 14%
- 6: NEVER 5%

MEN:



- 1: EVERY HOUR 5%
- 2: A FEW TIMES A DAY 54%
- 3: EVERY FEW DAYS 27%
- 4: WEEKLY 5%
- 5: MONTHLY 3%
- 6: NEVER 6%



And more stats

Among the big headlines:

- Mexicans are the horniest but Russians have the most sex. Swedes are the most conservative.
- Women love Italian men and men love Brazilian and Swedish women.
- Have you ever pretended to be nice to someone just to get sex? Yes, especially in Russia, where 62 percent of men answered yes.
 - Bukkake: 36 percent of all men know what it is, but 86 percent of women don't.
 - Is a guy playing an acoustic guitar sexy? Yes, in Canada and the U.S., 62 percent of women said they love it.

Analysis

DEALING WITH CHEATERS

LAURIE PUHN

COUPLES MEDIATOR + AUTHOR OF "FIGHT LESS, LOVE MORE"

Our poll showed many men would take back a cheating woman, but women would kick a cheating man out. Why do you think men were more forgiving overall? Because they are more likely to cheat, as research has shown. They are therefore going to be more understanding if their partner cheats. They know how it can happen. They are familiar with the instinct of desiring the unknown woman down the hall.

Are men possibly more emotionally dependant than women? Not necessarily. Women



"If a husband makes out with a woman, but no sex, that's just as bad as having sex."

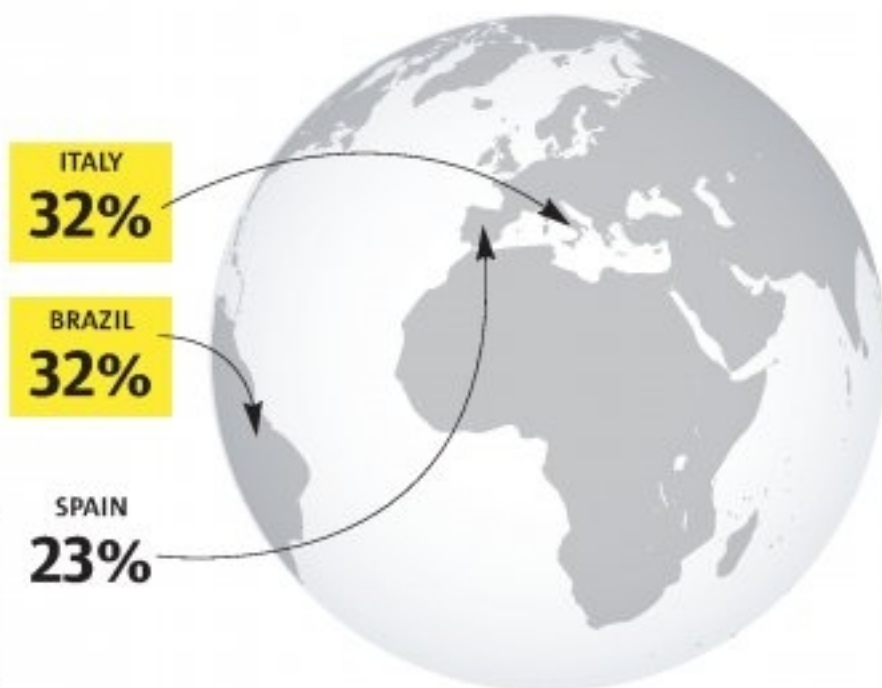
PUHN

initiate two-thirds of divorces in the United States. They are more willing to try their luck with another guy than men are with new women. More men would rather not go through the whole process of developing another serious relationship and potentially having more children or step-children. Just the

idea of all that effort is more exhausting than staying in a less-than-perfect marriage. **So they're just desperate to hold on to someone, because it's hard to meet women?** Men are more desperate to hold on to their women because they know that all women take work. The attitude is, why leave one woman for another who will also eventually require tremendous effort? **Often, when someone learns of an infidelity, they ask, "Did you sleep with them?" Why does sex carry such weight?** Men care more about the line between hooking up and having sex because not sleeping with someone (when you have the option) requires restraint. Women don't care about that line. If a husband spends a night talking and making out with a woman (but no sex), that is just as bad as having sex. **—SAM CASTONE**

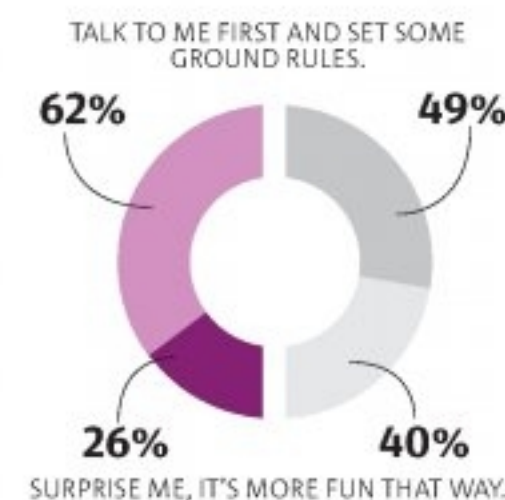
WORLD'S SEXIEST

WHICH COUNTRY HAS THE PEOPLE YOU FIND SEXIEST?



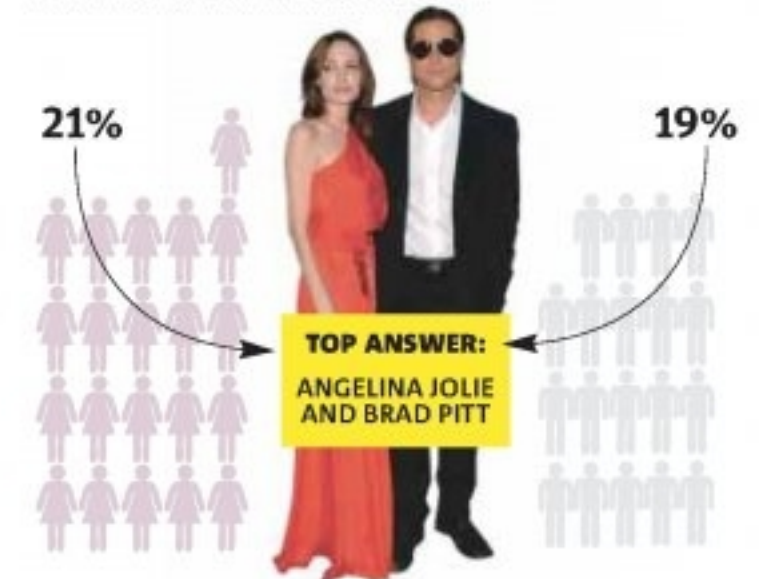
ME AND MY FETISH

WHAT IS THE BEST WAY FOR A PARTNER TO INTRODUCE A FETISH?



IF YOU COULD ...

WHICH CELEBRITY COUPLE WOULD YOU MOST WANT TO HAVE A THREESOME WITH?



Sex in the office

Your boss probably wants your body

It's finally time to confirm something women have thought forever: The "sexy" girls in the office are treated differently. Fifty-one percent of



► The bosses, reporting for booty

women feel this way (especially in France, Hungary, Mexico). Although in Denmark, a large majority (42 percent) disagreed, saying men think of them as "people," not women.

So what do men say? We asked if they sexualize women at work. Well, 41 percent said they try really hard to think of them as people. Yet 25 percent said: "Of course, I can't help it." And 28 percent said they sexualize only the "super hot" ones.

—METRO WORLD NEWS

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Prostitution

Should "consensual" prostitution be illegal?

62% OF WOMEN SAID NO



29% SAID YES

9% PREFER NOT TO ANSWER

hot or not

The sexiest people ever

► We took the top traits of today's hottest celebs and melded them into the perfect couple ► What's better than Bradley Cooper? ► Someone with his eyes and Robert Pattinson's hair and James Franco's mouth ...



HAIR

Robert Pattinson

► One of Glamour UK's sexiest men alive would top any list, but his vampire hair sparkles.



NOSE AND EYEBROWS

David Gandy

► The blogosphere went crazy over the model's Dolce & Gabbana book — and so did we. The first shot is a full frontal nude and it gets more NSFW from there.



EYES

Bradley Cooper

► He joked on "Ellen" about starting a campaign to be named Sexiest Man Alive. Said the host: "Wow, those are some blue eyes. They sparkle like there's an evil light coming out. In a beautiful way."



BODY

Ryan Reynolds

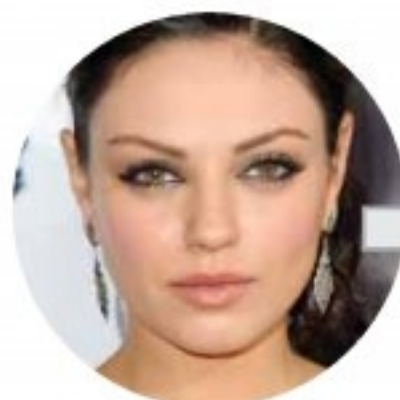
► The Green Lantern was voted last year's Sexiest Man Alive by People Magazine, mainly because of his sense of humor. Probably had nothing to do with those abs.



FACE SHAPE, MOUTH, CHIN

James Franco

► His puss was run through a "beautification engine," a software program that makes you better looking, developed by Tel Aviv researchers in 2008. The result: no changes. Dude's perfect.



EYES

Mila Kunis

► In "Friends with Benefits," Justin Timberlake compliments her breasts once — but her eyes twice.



MOUTH

Lara Stone

► The gap between her teeth hasn't prevented her from an astonishing rise: She's one of Forbes mag's top-earning models of 2011.



NOSE

Zoe Saldana

► One of Entertainment Weekly's 30 sexiest women is hot in every role, even as a blue Na'vi in "Avatar."



BODY

Kim Kardashian

► Her sex tape is the most viewed on YouPorn. And it's not because of her big brain.



FACE SHAPE, HAIR

Rosie Huntington-Whiteley

► FHM readers voted her the sexiest woman alive, and she was better than Megan Fox in the "Transformers" sequel. Win.

► MIA KORAB

ILLUSTRATION: MIA KORAB/METRO WORLD NEWS



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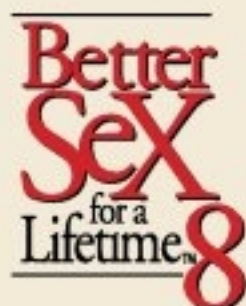
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it's all in his head

WHAT TURNS MEN ON?

► “A man’s sex drive is more spontaneous than a women’s and pretty much anything can trigger a sexual thought,” says our expert Tracey Cox ► Here’s what a Metro page looks like though their eyes

Chances are, you’re reading this in the subway, which is appropriate for our subject at hand. “Being jammed up close to people means you’re bound to make eye and physical contact, which are both a turn on,” says sex

and relationship expert Tracey Cox, author of “Super Sex for Life.” “If a girl looks a guy straight in the eye, it’s usually because they find them attractive. If they have their butt or arm pressed against them, that’s

enough to trigger sex thoughts.”

Oh, also: sex sex sex.

Fifty-four percent of men think about sex several times a day, especially when triggered by the following:



Men can also be turned on by “anything that involves finger licking. Be it ice cream or fried chicken. Phallic shaped foods, such as a banana, are a bonus.”

Being single

“The minute a guy is single, he thinks of sex. Equally, if their friend is dating someone new they are reminded of sex. When in a new working environment, they will be more aware of their female colleagues.”

Drinking

“The minute they drink alcohol, men suffer from the ‘beer goggles’ effect. Everything gets blurred, and most things become air-brushed in their vision — especially women. And anything makes them think of sex.”

54%

OF MEN THINK ABOUT SEX EVERY DAY OR SEVERAL TIMES A DAY

SOURCE: THE KEMSEY INSTITUTE FOR RESEARCH IN SEX, GENDER, AND REPRODUCTION

Sex

Just thought we’d mention the word again, because men would be thinking of it now. It’s been seven seconds.

Flesh of any kind

“Anything from watching porn to being an environment where more flesh is on display, such as the beach.”

Hotel rooms

“Hotel rooms are associated with secrecy and being naughty. They are also linked to being on holiday, where men have more time to think about sex.”

Smells

“A particular smell or perfume can trigger the memory of a girl he’s had great sex with.”

Woman driving

“A girl driving a sexy car — think Audi or Ferrari — shows a guy she likes to speed and her sense of power could mean she is more promiscuous.”

High heels

“Men assume women wear high heels as an effort to look more attractive. Women feel sexier in them.”



ROMINA MCGUINNESS

METRO WORLD NEWS IN LONDON



Straight men are turned on by photos such as this because, well ... dah.

The No. 1 porn is ...

► Forget Jenna Jameson: The new XXX star is your neighbor ► YouPorn reveals the top categories worldwide, starting with normal people



► The new trend in porno is do-it-yourself.

You could probably guess that half of all Internet users log in daily to porn websites. You might also figure that the porn industry is worth more than Microsoft, Google, Amazon and Apple combined. But what are all those customers fantasizing about? The answer: regular people.

At Metro's request, Youporn — one of the most prominent porn portals on the Web, with 12 million hits and 2.5 million searches per day — studied the habits of 18 countries. The most

Like 'em mature?

YouPorn's search-term data was equally interesting. Here's a few highlights from every country's top five:

- The No. 1 search term in most countries indicates people search for others like them (i.e. "Greeks" in Greece), including those in Italy, Mexico, Denmark, Sweden, Japan, Russia, Brazil, Holland, France and the U.K. The top search term in Hungary was porn star Diamond Foxx. Czechs searched for "bi" the most.

- Of the 18 countries, 11 searched for MILF or mature. Only six searched for teen or babysitter.



► "Hi, cougar"

- Among the more creative search terms: 3D (Japan), granny (Denmark), cartoon (Russia), amateur dildo smoking (China) and shemale (Brazil).

clicked on worldwide: amateurs.

In 16 of the countries, it came up in the top five, beating other categories like hairy (big in Portugal and Russia), young/old (number one in Greece) and mature (number one in Sweden, among others). Meanwhile, the most popular search term in the U.S. and Portugal is "Backroom Casting Couch," a real-life series where aspiring models have sex with faux producers.

"The uptake in popularity of amateur pornography has changed the way the

industry works as a whole," says Jude Mahoney, the marketing manager at YouPorn.

Tau Morena knows. A South African porn producer, he launched the most successful all-black amateur pornographic website in Africa, Sondeza. The portal also promotes awareness against HIV and stars local black talent. "People are now interested in seeing the real stuff about other people," he says. "They are tired of the same old material made by professionals: It all looks the same. But when it

comes of amateur, it is different at all times."

Mainstream porn giants are struggling to cope with the novelty. "It's simply not possible for any studio to match the volume of content uploaded by users on a daily basis, which is what has made tube sites that host user-submitted videos so popular," Mr. Mahoney added. YouPorn's data also indicates people search for those of a similar ethnicity.



LILLO MONTALTO
MONELLA

METRO WORLD NEWS IN LONDON

did you know ...

Rules of attraction

Hey, baby, how you doin'?

How your body reacts to attraction:

1: Notice the other person

2: Make eye contact

To decide whether or not you are sexually attracted to someone takes less than 0.1 of a second.

3: The brain is activated

No one is sure which part of the brain is involved, some theories include:

THE PREFRONTAL CORTEX (WHERE WE MAKE DECISIONS)

THE HIPPOCAMPUS (LINKED TO MEMORY)



4: The senses are triggered

Sex drive is linked to smell, taste, touch, emotion and communication.

Testosterone is activated

Testosterone is the hormone of sexual desire in both men and women.

5: Outward signs

"If by this point you're turned on, then your body will begin to show exterior signs of your sexual desire," says biological anthropologist Helen Fisher, our source for all of this information. "There are three

chemicals at speed here:

adrenaline, dopamine and norepinephrine, a neurotransmitter that stimulates the peripheral nervous system, fostering alertness and causing us to experience euphoria."



NOT-SO-SCIENTIFIC QUIZ: TEST YOUR SEX IQ

SAM CASTONE

METRO WORLD NEWS IN LONDON

► You might think you know it all in the bedroom, but can you pass our trivial test? ► Good luck scoring!

1. "When I get that feeling, I want sexual healing, sexual healing, oh baby." What is this song's next line?

- A "Hit me one more time."
- B "Makes me feel so fine"
- C "I'm aged like a fine wine."
- D "Does anyone want a slice of lime?"

2. Is the clitoris generally always in the same place, or does it differ woman to woman?

- A It's always in the same place: above the open-

ing of the urethra and vagina

- B It's always in the same place: perpendicular to the labia majora
- C It differs woman to woman
- D What is this "clitoris" you speak of?

3. Of the six possible romantic entanglements for a female version of Commander Shepard in Mass Effect II — 2010's Video Game of the Year — how many are human?

- A Zero
- B One
- C Two
- D Three

4. When do women have the most eggs?

- A When they hit puberty
- B In their early 20s
- C When they hit their sexual peak, around 34
- D When they're a baby in the womb

5. What percentage of the world's men are circumcised?

- A 27.2%
- B 54.7%
- C 62.1%
- D 71.9%

6. According to the YouTube video "How to Kiss with Pas-



sion" — which has received 32.6 million views — what is the first step?

- A Brush your teeth, floss and use mouthwash; at the very least, have a mint.
- B Sit with your partner in private.
- C Relax and clear your mind.
- D Angle your face to avoid crunching noses.

7. One in 10 women have what in common?

- A They will never have an orgasm.

B They have uneven breasts.

- C They have multiple orgasms every time.
- D They admit to smoking after sex.

8. What does BBW stand for?

- A Big, Bald and Wonderful
- B Bigger, Better, Wetter
- C Big Bow Wow
- D Big Beautiful Woman

9. Which of these actresses

has not played a prostitute onscreen?

- A Jodie Foster
- B Monica Bellucci
- C Jennifer Aniston
- D Barbra Streisand

10. The most viewed video of all time on YouTube, with more than 48 million views, is ...

- A "Great Body, Great Sex, Great"
- B "Paris Hilton — Movie"
- C "Fantasy Girl C**s to Life"
- D "Blonde hottie p***y and a***"



THE WORD



Metro's **Dorothy Robinson** shares her take on the world of gossip [@dorothyatmetro](#) dorothy.robinson@metro.us

Eddie Cibrian back to being unemployed

Out of all the couples I write about, the one I don't understand the tabloid fascination with is **Eddie Cibrian** and **Leann Rimes**. I mean, I know how they got together was kind of sordid (he reportedly left his wife for Rimes and now Rimes is so skinny she resembles more of a femur than a human being) but hey, show me a couple in Hollywood who didn't get together under shady circumstances, and I will show you a lie. I guess the point is: They seem rather low-level for our current fascination with them, right?

But now we actually know who Eddie Cibrian is,

it's a bummer to announce that his NBC show, "The Playboy Club," has been canceled after only three episodes due to low ratings. "Rock Center with **Brian Williams**," a prime time newsmagazine, will replace it. The show will feature **Harry Smith**, **Kate Snow**, **Meredith Vieira**, **Dr. Nancy Snyderman**, **Richard Engel**, **Matt Lauer**, **Ann Curry** and of course, Williams.

And while I always knew Brian Williams was a stone-cold fox (don't even get me started on Harry Smith); it's a beautiful world if they'll get more viewers than a bunch of scantily clad women in Playboy Bunny uniforms.



► Eddie Cibrian and former co-star Amber Heard can ditch the period duds — "The Playboy Club" is canceled.

DiCaprio, Lively split

Us Weekly is reporting that fledgling couple **Blake Lively** and **Leonardo DiCaprio** have parted ways after five months of dating. Reps for both stars confirm the pair will "remain friends."

There was no reason given for the separation. But I'll guess it's because of the age-old fact that relationships end in two ways: Either you break up or you get married. And maybe, just maybe, these two were smart enough to know it's a really, really bad idea to get married in Hollywood.

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DOROTHY ROBINSON'S
WORD BLOG

Talking points

Britney Spears' Freudian slip

Maybe all of the engagement rumors about her and **Jason Trawick** have been sinking in with **Britney Spears**, as the singer flubbed when referring to her boyfriend during a recent radio interview in the U.K. When asked about dressing up in costumes — her sons recently had a Spider-Man-themed birthday party — Spears said, "Actually me and — I was going to say my husband — my boyfriend, we do that every once in a while. We're goobs. I'm so embarrassed." So was it just a Freudian slip or a hint at some

big news to come?

Thomas Jane relates to his 'Hung' hero

"Hung" star **Thomas Jane** is being remarkably frank about his early days in Hollywood, telling the L.A. Times that he used to perform sexual favors for men to get by. "When I was a kid out here in L.A., I was homeless. I didn't have any money and I was living in my car. I wasn't averse to going down to Santa Monica Boulevard and letting a guy buy me a sandwich. Know what I mean?" he reveals. "You're a lot more open to experimentation as a young man. And for me, being a young artist and broke in Los Angeles, I was exploring my sexual identity."



Thomas Jane

Pattinson goes out with a whimper

With filming on the "Twilight" films behind him, **Robert Pattinson** admits he's a bit disappointed with how it all ended, according to *Hollyscoop*. When Pattinson and **Kristen Stewart** filmed their final scene, there was still another day of filming left for the crew, he explains. "The wolves actually wrapped the whole movie, so our bit was such an anti-climax because it was the end of a week of night shoots," Pattinson says. "But they had the last-ever day the next day. So when it was our last bit, no one clapped or anything."

Seth Rogen: Happy being kid-free

While he may be a happy newlywed, **Seth Rogen** is definitely not jumping into starting a family. "All my friends are having kids and my sister just had a baby last year, and it makes me not want to have kids," the "50/50" star tells *iVillage*. "It's very nice just playing with [my sister's baby] and then as soon as it becomes difficult, you just hand it off." As for his relationship with new wife **Lauren Miller**, Rogen says he's done a lot of growing up himself, thanks to her. "I talk much quieter generally, conversationally," he says. "I don't interrupt as much. But I'm cleaner than she is."



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Andy Roddick is setting the record straight, Bette Midler is figuring things out, Jenny McCarthy is sharing blonde jokes and Conan O'Brien is enjoying the changing seasons.

► **@andyroddick**
Definitely did not get up in the middle and "walk out of interview" contrary to headline on *cnni.com*. Answered last question and left

► **@BetteMidler**
The Kardashians = the Gabors! I knew I'd seen this movie before!

► **@JennyMcCarthy**
Did you hear about the blonde lesbian? She keeps having sex with MEN!

► **@conanobrien**
Ah, autumn in LA, when the stagehands spray the leaves such pretty colors.



Red carpet stunners and other notable entrances

1: Actress Uma Thurman strolled into the RITZ hotel yesterday in Paris, France.

2: Julianne Hough and Kenny Wormald strutted their stuff at the premiere of their film "Footloose" on Monday in Los Angeles.

3: Actress Jeanne Tripplehorn, Dr. Jill Biden, executive producer and director Jennifer Aniston and actress Patricia Clarkson attended the red carpet screening for the TV movie event "Five," hosted by Lifetime and Jennifer Aniston at the International Trade Center on Monday in Washington, D.C.

4: Sarah Jessica Parker and Matthew Broderick were all smiles at the Friends in Deed 20th Anniversary Gala at the American Museum of Natural History on Monday in New York City.

5: Kirsten Dunst at the "Melancholia" premiere after-party during the 49th annual New York Film Festival at the Stone Rose Lounge on Monday in New York City.

6: Actress Florence Henderson posed before signing copies of her book "Life Is Not A Stage: From Broadway Baby To A Lovely Lady And Beyond" at Barnes and Noble at The Grove on Monday in Los Angeles.



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21

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► Patina Miller leads the flashy action in "Sister Act" on Broadway.

Sister re-enacted

► Never one to shy from revivals and remakes, Broadway embraces 'Sister Act' ► The familiar film tale moves from the grungy '90s to the gilded '70s

"Sister Act" wouldn't have been such a popular movie or warranted a sequel if it weren't doing something right. So is it any wonder that the musical loyally sticks to the film's tried-and-true recipe? Sure, this production doesn't pack any surprises, but its plot simplicity is made up for in humor and enthusiasm.

With the same premise as 1992's film, this story of Deloris van Cartier (Patina Miller), showgirl-turned-sister, moves back in time to the 1970s. It's smart to offer modifications so audiences won't wonder why they shouldn't just hit up Netflix for some Whoopi Goldberg nostalgia. Clearly,

If you go

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\$40-\$129, 212-239-6200
www.sisteractbroadway.com

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jukebox revues have shown that the older generation — aka ticket-buyers — are suckers for a time warp back to the good ol' days. But this show is also billed as family fare, and children won't recognize many of

the dated references. Maybe they'll just enjoy the likable characters (Fred Applegate's monsignor might be the only weak link) and larger-than-life musical numbers without even realizing its not supposed to be current. Besides, how well do today's kids even remember the '90s?

Bright, splashy costumes add to the fun of this feel-good tale, lighting up the stage with sparkling sequins (helped by the requisite disco ball). The set pulls its weight to create looming monastic corridors just as ably as a jazzy nightclub. If only director Jerry Zaks knew how to help his actors transition as smoothly.

Even if it's all about nuns, this show has nothing to do with modesty and moderation. With over-the-top character tropes (mob goons, repressed vestals) and heavy reliance on suspension of disbelief (miscommunications, overt coincidences), "Sister Act" is a wink-wink joke that everyone gets to be in on — or should we say, sing along to? A hallmark of good musicals is memorable show tunes; here, you'll be humming Alan Menken's choruses long after the curtain falls on the (spoiler alert!) happy ending.

T. MICHELLE MURPHY
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'Like Crazy': Based on a true story?

► Desiree Pappenscheller might be the face behind 'Like Crazy' ► Director's ex-wife claims she inspired the film

The highly anticipated indie flick "Like Crazy" has already won the Dramatic Film Grand Jury Prize at the Sundance Film Festival. Audiences will get the chance to see it when it hits theaters on October 28. But 27-year-old Desiree Pappenscheller says she has already seen this story. She knows it by heart from start to finish. That's because, according to her, it resembles exactly what happened in her own life and marriage to the film's director, Drake Doremus.

Pappenscheller vividly recalls the day at the airport she learned that her student visa had expired and she must immediately return to her Austria. She was born there, but had been living in the United States almost her entire life. She claims her experi-



► Pappenscheller

Quoted

"I think in some ways he is trying to protect me and I will give him that credit. On the other hand, why wouldn't you be proud of it? Why try to cover it up?"

PAPPENSCHELLER, ON "LIKE CRAZY"
DIRECTOR DRAKE DOREMUS

ence fighting against the red tape of immigration laws, as well as the uninhibited romance she had with Drake during that period, are portrayed in the film — right down to the title.

"We used to say, 'I love you like crazy.' It's how we used to sign our letters," said Pappenscheller in an exclusive interview with Metro.

The former Mrs. Doremus said she was shocked when she first learned that the film was in production after their divorce in 2008, but her ex-husband did send her the first print of the film so she could see it before it was released in theaters. Watching the movie proved to be a more emotional experience than she had ever anticipated.



► Pappenscheller says many people have told her she bares a resemblance to Felicity Jones, pictured, who plays Anna in the film.

"I think he feels like I should be flattered, which I am," she said. "But I think he forgets about the people who helped create this film."

Doremus has said in interviews that the film is an amalgamation of a lot of relationships in his life, not just one. He declined Metro's request for an interview to be included in this article. Pappenscheller says she had hoped he

would acknowledge the primary role that her experience and their relationship played in the film.

"I think in some ways he is trying to protect me and I will give him that credit," she said. "On the other hand, why wouldn't you be proud of it? Why try to cover it up?"

Pappenscheller feels the film's main character, Anna, is beautifully written. She says Doremus has told

Similarities seen in the film that Pappenscheller says happened in real life:

► The main characters spend time on Catalina Island together in the film. The destination was the real-life refuge they used to escape their parents.



► Pappenscheller still owns a silver bracelet engraved with the word "patience" that she says was given to her by Doremus on Catalina Island, just like the one depicted in the film.

► The short, white wedding dress worn by Felicity Jones' character, Anna, is very similar to the one worn by Pappenscheller for her wedding with Doremus.

her the film is a love letter, but she doesn't believe he ever considered how it would affect her life.

"I feel like he definitely is ... 'using' is a strong word," she said. "But gaining things from individuals from within his life to help prosper him and then forgetting about them," she said.

CASSANDRA GARRISON
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23

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MSM PHOTOGRAPHY

► SOFI plays sold-out shows with Deadmau5 at Roseland Ballroom through Sunday.

A very intense Female Interest

► SOFI shared stages with the Crue, Britney and now Deadmau5, but she's 'Locked and Loaded' for her debut

Her wild side

SOFI has shared the stage with a wide range of acts, who has the best parties?

► "I've definitely had some good times with Avril. I toured with her for two years, and we just had a blast together and partied like crazy," she reveals. "But the craziest ones were with Motley Crue." How about Deadmau5? "We're all kind of chill now," she says, "but the energy is so high during the show ... that's party enough."

those two songs," she says. "And it's kind of funny because I was like, 'This is the shortest show I've ever done in my life,' but at the same time it's so long, because 'SOFI Needs a Ladder' alone is like seven minutes."

But this may be the last time Toufa plays the supporting role for a while. She drops her "Locked and Loaded" EP, a peek at her sultry club style.

"I absolutely feel like I'm in the waiting room right now," she says.

Working with producers Skrillex, Noisia and Millions

Like Us, the songs may be the poppiest offerings to ever be grouped in the dub-step genre. The first two songs, "Broken Souvenirs" and "Bring Out the Devil" may have a sinister feel, but the EP's final number, "Again Sometime" — with its huge hopeful hook and sexy slinking bass — is a contender for the make out song of 2012.

"It's basically a little trilogy," Toufa says of the EP's three songs, "a dramatic love story gone wrong."



PAT HEALY
pat.healy@metro.us

Though SOFI stands for "Some Other Female Interest," Sofia Toufa is more than the first two words of her moniker might lead you to believe. The singer, currently on tour as a singer with Deadmau5, boasts a resume that reads more like an iPod on shuffle, working with artists like Motley Crue, will.i.am, Britney Spears and Avril Lavigne.

As a featured performer on the sold out Deadmau5 dates, she sings on two of the heaviest songs in the set, "SOFI Needs a Ladder" and "One Trick Pony."

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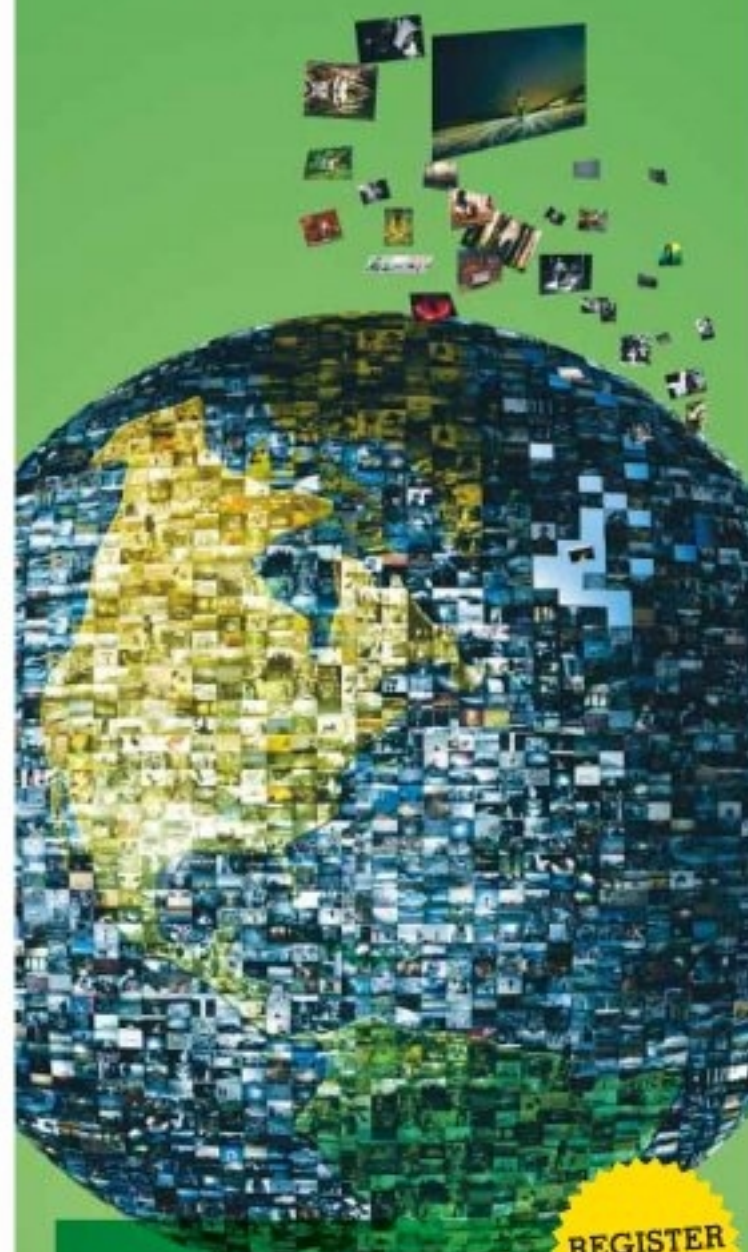
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TV watch list



'George Harrison: Living in the Material World'

MOVIE. Director Martin Scorsese was given unprecedented access to both film footage and interviewees dissecting the "quiet Beatle" for this revealing documentary on the complicated star. **Premiere, Wednesday, 9 p.m., HBO**

'South Park'

COMEDY. "South Park" may turn 15 tonight, but don't expect the humor to be any more mature when Cartman thinks he has Asperger syndrome. **Season premiere, 10 p.m., Comedy Central** **AMBER RAY**

Being haunted by more than ghosts

► Supernatural beings only amplify the drama for one troubled family in 'American Horror Story'

"American Horror Story" involves a kleptomaniac neighbor, murder-suicide and sex with a ghost in a full-body latex suit. And that's just the first hour.

The latest from Ryan Murphy and Brad Falchuk — yes, the team behind "Glee" — finds the duo in a much more "Nip/Tuck" state of mind. Murphy calls his new FX drama a "psychosexual thriller."

It's scary alright, with an intense focus on sexual frus-

tration and fragile relationships: The motivation for the Harmons (Dylan McDermott and Connie Britton) to move their teen daughter (Taissa Farmiga) across the



► Did you hear that? From left: Dylan McDermott, Taissa Farmiga and Connie Britton star in "American Horror Story," premiering tonight at 10 on FX.

Just move already!

After having the Harmons realize they're not alone in their new house, Murphy promises to promptly answer the age-old question, "Why haven't

those crazy people moved?"

► "It is a big horror trope. That was the most important thing that we worked on," Murphy insists. "I am really excited about that [plot]."

country and into a (haunted!) house is a fresh start after dad's affair and mom's miscarriage. "The show talks about all kinds of American horror

stories that we are being bombarded with on a day-to-day basis," Murphy says. "The main thing when we were writing the script, it was never really about horror, although that certainly was in the water. It really was about a marriage and infidelity."

But don't worry — there are plenty of old-school scares in the pilot, which opens with a gorgeously creepy homage to horror classics like "The Shining."

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Paris
Fashion Week

Chanel

In what turned out to be the week's most gorgeous show, Karl Lagerfeld created an ivory, aquatic wonderland complete with a set made up of giant seashells and a coral reef; a live performance from Florence Welch; and most memorably, models dressed in ethereal dresses, suits, separates and swimsuits that looked like shimmering saltwater pearls.



Lagerfeld's collection was a standout moment because of its sheer size. Few designers today can produce such a large collection (a whopping 85 looks) with a singular vision that doesn't look repetitive and maintains a couture-level quality from beginning to end. Every single piece had a subtle, underwater reference: drop-waist dresses with scalloping that resembled scales, trim tweed suits with pearls tracing the waistline, iridescent trousers that brought to mind the smooth interior of an oyster shell and foam-like chiffon, ruffled skirts in frothy pink. It was a universally pretty collection, with a rarefied sensibility. And the excitement in the room was palpable. In short, this is what Paris Fashion Week is meant to be. ● KENYA HUNT

Read more on page 26

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WEDNESDAY, OCTOBER 5, 2011

mystyle

Paris Fashion Week

From page 25

Chloe

In many ways, Chloe is a difficult house to take on. It still hasn't fully recaptured its glory days when Stella McCartney and Phoebe Philo made it the epitome of feminine cool. And even though its most recent creative director, Hannah MacGibbon, put her own clear stamp on the house (it was she who ushered in the '70s comeback), her work never attracted the same must-have-it-now level of obsession that the brand had going for it before. Enter Clare Waight Keller, the latest Brit to move into the French house, who debuted her first collection for Chloe on Monday. Her clothes had the breezy femininity the house has become known for in the form of drop-waist dresses and soft, chiffon pleats. But she tempered the femininity with cotton T-shirts and button-down blouses that were slightly tomboyish. It was a sweet collection, but it felt more like a quiet arrival than a momentous debut.



KENYA HUNT

METRO WORLD NEWS IN LONDON



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TO READ ABOUT THE YVES SAINT LAURENT SHOW

Givenchy

After last season's vampy sex-kitten looks, Riccardo Tisci's quieter, romantic clothes for spring looked like a palate-cleanser. Gone were the black cat graphics, latex and sheer skirts. Instead, he produced tailored jacket and short combos (a definite trend for spring) and trouser suits in the softest pink. They were wearable and practically sweet, a word you don't normally associate with Givenchy. Not that the designer completely let go of his dark, subversive side. A series of slinky, mini dresses with strategically placed sheer cut-outs that revealed naked breasts underneath were classic Tisci. Overall, it wasn't exactly a directional collection that established new trends in the way we've become used to seeing from Givenchy. But he pushed a few popular ideas forward, such as the peplum, which he remixed by rendering them in asymmetrical shapes and exotic skins. The collection could have done without a series of glittery disco bright dresses and suits, which looked more flash than substance.



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► 12/10: New York Road Runners Jingle Bell Jog (4M, Prospect Park)

► We know how tempting it is to hide under the covers — but seriously, get up! ► Why running is one of the best workouts you can give your body

The summer heat has made way for a crisp chill in the air, meaning now is an ideal time to head off the treadmill and into the great outdoors for a run — and scoping out the fall foliage isn't the only reason you should lace up your sneakers.

"The main benefit of running is the cardiovascular benefit that keeps your pipes clean," says Hal Higdon, author of "Marathon: The Ultimate Training Guide" and a longtime contributor to "Runner's World." "It strengthens your heart, and by improving your engine you're less likely to wind up with circulation problems later."

The benefits go beyond the purely physical, Higdon adds.

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"We all struggle with stress, and running gives us this time out that we need to relax. You can't text when you run," he says.

Novice runners shouldn't be intimidated to get started.

"I never underestimate the power of determination," says Manhattan-based trainer Melissa Paris. "As long as you don't have any serious injuries, it's easy to join a 5K."

For budding runners looking to ease into a routine, Paris advises building from a 10-15 minute jog, adding five minutes as your body gets used to the run, until you reach your goal. Running with a friend can also be helpful for safety and a boost in morale.

The most important thing, Paris says, is that you should be enjoying your workout.

"If you feel like you're cramming it in then the runs tend to be unenjoyable," Paris says. "Pick a time that works for you when you feel your best."

And it's hard not to be motivated when you think about all the good that running can do for you.

"If you're involved with running, you can limit extra pounds," Higdon says. "That more than anything benefits the whole structure. Running allows you to have a healthier body and a healthier mind."

LINDA CLARKE
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mywellbeing

The definitive guide

► Don't even think about doing it over the phone or by e-mail, says Metro's resident therapist, Jonathan Alpert ► What not to say when the time comes

There's no easy way to do it. In any break-up, someone gets hurt. But there are ways to maintain dignity and respect and lessen the blow. For starters, don't make the mistake that so many people do and nurture a relationship on the side just because you're afraid to be alone. Once you are 100 percent single, then you can consider seeing others.

Plan to meet him or her and speak in person. Relying on methods such as e-mail or telephone might seem easier for you, but not for your soon-to-be ex: Anything short of face-to-face will seem cowardly. Meet in a private place and not a

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The question

I've been with my significant other for several months but just don't feel things are working out and I know that there's no future. What are your tips for the best way to break up with someone and make it as pain-free as possible?

public setting where the person could feel embarrassed by the news. Take responsibility and be honest. Avoid the cliché of "it's not you, it's me" — or any other generic explanations — and be sure to provide an explanation so that he or she can move on. No matter how bad the relationship might be, avoid insults. To demonize the person will only invite retaliation and perpetuate problems. You dated for several months, so he or she can't be that bad, right? That said, you both might benefit from mentioning a few things you do like.

Don't try to cushion things by saying, "But we can still be friends." A statement like that is probably

more about assuaging your guilt than actually wanting to be friends, and it might provide false hope.

Finally, don't jump right back into the dating world. Way too often people get into a new relationship because they're afraid to be single. Don't be that person. Instead, take some time to reflect on the past relationship and learn a little something about yourself and the type of mate you prefer.

— Jonathan Alpert is a licensed psychotherapist. E-mail him your questions at jonathan@jonathanalpert.com

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

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● METRO/ME

Today in medicine

Eggs and prostate cancer

Study subjects: Nearly 28,000 healthy men

Location of study: U.S.

Results: Harvard Medical School found that men who eat more than two and a half eggs a week are up to 81 percent more likely to die from prostate cancer than those who do not.

Significance: The high amounts of cholesterol and choline, which aids in proper cell function, may be to blame.

Effects of 'magic mushrooms'

Study subjects: 51 psychologically healthy adults

Location of study: U.S.

Results: A Johns Hopkins University School of Medicine study found even just one large dose of psilocybin, the



► Easy there, buddy.

active drug in "magic mushrooms," can permanently heighten "openness — which includes traits related to imagination, aesthetics, feelings, abstract ideas and general broad-mindedness," and conversely, can also induce strong fear and anxiety, according to UPI.com.

Significance: The findings throw doubt on the claim that personality is unlikely to change after age 30.

Occupation and smoking

Study subjects: U.S. adults

Location of study: U.S.

Results: The Centers for Disease Control found workers in blue- and pink-collar jobs are more likely to smoke than white-collar staff.

Significance: Smoking is likely influenced by poverty and class status.

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Nutrition

For all you locavores

We're all for eating fresh whenever possible, so we were excited to learn that Zagat has put out its first-ever guide to local and seasonal eating, "Taste the Harvest: Where and How to Eat Fresh, Local and Seasonal." The guide, released in partnership with Welch's to celebrate autumn's Concord grape harvest, showcases restaurants and farmers markets and provides a tip sheet

on when certain produce are in season. You can download it for free at www.welchs.com/zagat. ● METRO/ME

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myletters&games

Letters

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More on the Wall St. action

RE: "MIXED BAG ON OWS PROTESTERS": Joan Daniel is right: All the jobs are overseas, not here. They say: "Buy American." We say: "Hire American." It's the patriotic thing to do! It turns welfare recipients into taxpayers, lowers unemployment (by definition) and helps both the government and economy. I'd rather starve and protest in America any day.

J. ANDREW SMITH, BLOOMFIELD, NJ

What, exactly, is Occupy Wall Street protesting? Are they telling us there

are too many people not working because they can't find jobs, but if you work you are just a drone? I guess the solution is we all should stop working and get handouts from the government (or, if you're lucky, from mommy and daddy). **MIKE BERSON, VIA E-MAIL**

Evidently, according to the right, anyone who opposes the destruction of democracy and liberty is unemployed and should be fined and imprisoned; yet those who march around demanding free government money for billionaires are hard-working patriots. Decades of history is proof that tax

cuts for business and the rich do not help the economy; is two years enough to know that the guy who was voted in to clean up the 30-year mess is not doing enough?

DOUG BROWN, VIA E-MAIL

What these young people are doing is participating in their society. Protest has been instrumental in forcing the introduction of most of the freedoms that now exist in liberal democracies. It's sad that to some it looks like "sitting around." I believe that "sitting around" is what people do in front of the television.

REN PILINGER, VIA E-MAIL

These protests are the first sign of a cancer that is taking root throughout the world. Its origin can be traced to the unholy alliance of politics and finance. It is a malady that yields a malignant generation without direction or hope that will eventually consume its host.

ROBERT CAPRARO, BAYSIDE

It's official: Yahoo is in bankster hands, working with them to snuff the voice of the people. Sad day for democracy. God help us all. How do you fight an evil that can just buy your mouth? **CHARLES MICHAEL COUCH, BED-STUY**

Stop being a Democrat or a Republican and start being an American! Tell the politicians to work together and get us moving forward as a country!

MIKE BANNAN, VIA E-MAIL

Horoscope

♎ Libra Sept. 23-Oct. 23. If you haven't been getting the exercise you need, take a little time to do so. You don't have to do anything exhausting; merely walking the dog could help a lot.

♏ Scorpio Oct. 24-Nov. 22. Timing is always important, so you should pace yourself well when it comes to handling matters that depend upon the work of others. Only then can you bring all your forces into play.

♐ Sagittarius Nov. 23-Dec. 21. You'll operate best when you're able to just coast along, until you're required to bring the full brunt of your imagination and ingenuity to bear. Timing can be everything.

♑ Capricorn Dec. 22-Jan. 19. If you're splitting responsibilities with your spouse, make sure you get finances on your side of the ledger.

♒ Aquarius Jan. 20-Feb. 19. There could be a mystique about you that will fascinate almost everyone you deal with. This appeal makes it easier to gain the acceptance of others.

♓ Pisces Feb. 20-March 20. Although it was never your intention to make others feel indebted to you, someone you recently did a favor for wants to reciprocate your kindness. Be a gracious receiver.

♈ Aries March 21-April 19. You're full of bright ideas to begin with, but you might have far more than usual. Unless you jot them down, they'll vanish into the ether.

♉ Taurus April 20-May 20. The only way you are likely to get anything done is to zero in on your objectives. If you don't, your head could wander all over the place.

♊ Gemini May 21-June 20. Your ability to absorb and retain new knowledge is remarkable, especially if you're passing it on to those who need it but don't have the means to get it.

♋ Cancer June 21-July 22. For good reason, people trust you and feel that it's safe to tell you things that they wouldn't tell others. This should make you proud, and inspire you to live up to their estimation of you.

♌ Leo July 23-Aug. 22. Instead of seeing only the faults or weaknesses in the ideas of others, look for what is good and praiseworthy. You'll be amazed at how fast you'll gain others' support when you do so.

♍ Virgo Aug. 23-Sept. 22. The secret of gaining a few strides on your rivals is to put their needs on par with your own requirements. When you look for solutions for others, you'll find your own. **BERNICE BEDE OSOL**

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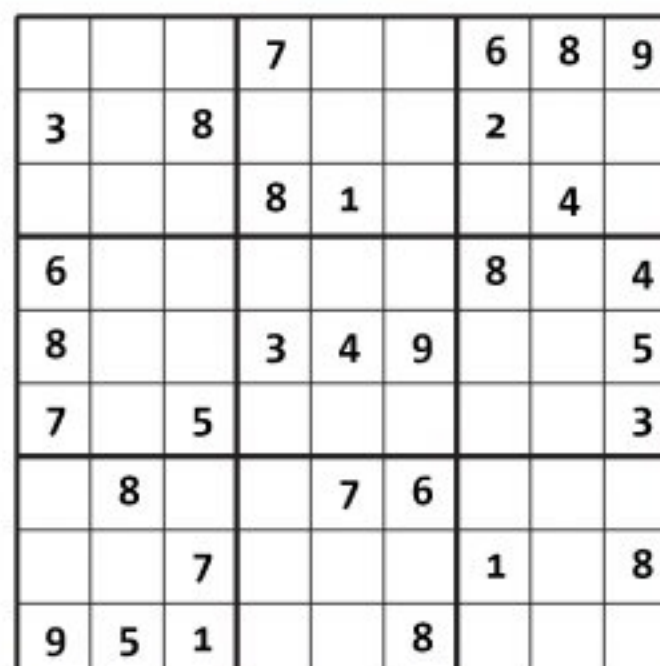
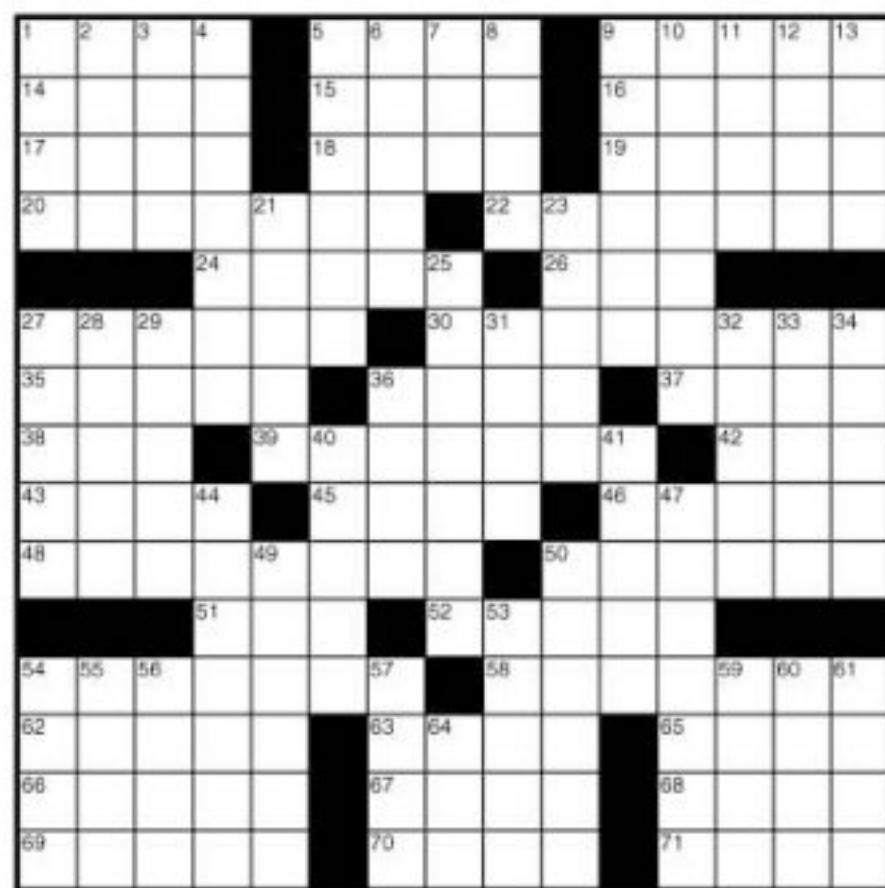
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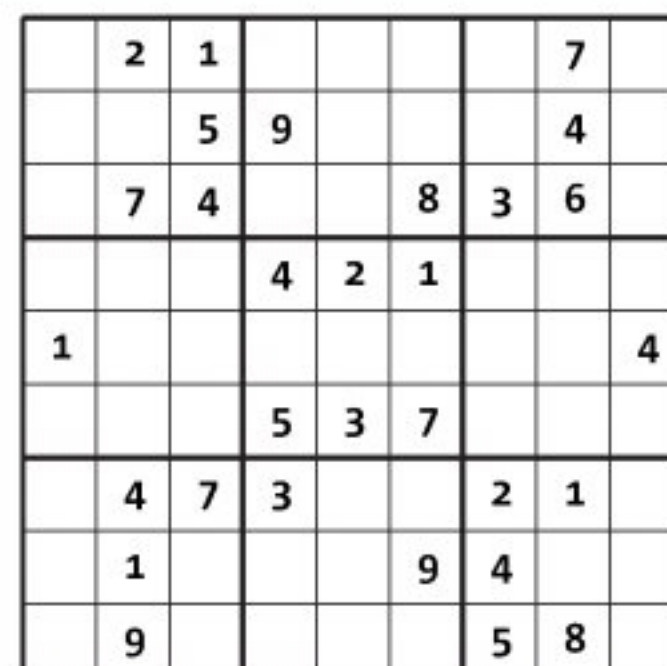
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48 Mistrust
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51 Avg. size
52 Archaeology finds
54 Sub stabilizer
58 Weapons cache
62 Hedgepodge
63 All, in combos
65 Patrick's domain
66 ___ pie
67 From memory
68 Musical sign
69 Change a bill
70 Feels grateful
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Down

- 1 Farm baby
2 A Great Lake
3 Verdi masterpiece
4 Safari starting point
5 Ski slope challenges
6 Search blindly
7 Bled, as a color
8 Coast downhill
9 Nordiques' home
10 Jinxed
11 Turmoils
12 Ten-percenters
13 Playing card
21 Flattens a fly
23 Notched, as a leaf
25 Wave of destruction
27 Impassive
28 Astute
29 Storrs sch.
31 Watch over
32 Fizzy drinks
33 Banded quartz
34 First-magnitude star
36 Makes haste
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44 Steakhouse order
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49 Stopped
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53 Beatrice's admirer
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61 Moved on
64 Level the fescue



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BURN TREATMENT

► Burnett saves Yankees from elimination in solid outing ► Jeter drives offense, Granderson makes huge catches ► Nova starts deciding Game 5

The crisis has been averted for at least one more game.

When Yankees manager Joe Girardi said before last night's game that he thought A.J. Burnett would pitch well, he might've been the only one who believed it. Call it intuition or dumb luck, but he was proven right.

The \$16.5 million man with the 5.15 ERA came up big in the biggest of moments, saving the Yankees season with a 10-1 win in Game 4 of the American League Division Series.

Tomorrow night, the series shifts back to the Bronx, where the Yankees will count on a rookie to lead them to the Championship Series against the Rangers.

For all the teeth-gnashing over Burnett's start, last night's game was a relative walk in the park. The "I told you so"s likely ran rampant when Burnett loaded the bases in the first inning, but he wiggled out of it thanks



► Russell Martin celebrates sliding under the tag of Alex Avila to score in the third inning.

to a great catch by Curtis Granderson.

The Yankees meanwhile pounced on Tigers starter Rick Porcello in the third thanks to a line-drive dou-

ble by Derek Jeter over Austin Jackson's head in center that scored Jorge Posada and Russell Martin.

Rafael Soriano relieved Burnett after 5 2/3 innings

and got four outs. New York added six runs off three relievers in the eighth.



MARK OSBORNE
mark.osborne@metro.us



ALDS Schedule

The Yankees saved their season last night and bring the series back home, 2-2.

Game One

Yankees 9, Tigers 3
W — Ivan Nova (1-0)
L — Doug Fister (0-1)
Cano (NYY): 3-5, GS

Game Two

Tigers 5, Yankees 3
W — Max Scherzer (1-0)
L — Freddy Garcia (0-1)
Cabrera (DET): 3-4, HR

Game Three

Tigers 5, Yankees 4
W — Justin Verlander (1-0)
L — Rafael Soriano (0-1)
Young (DET): 2-3, GW HR

Game Four (Tuesday)

Yankees 10, Tigers 1
W — A.J. Burnett (1-0)
L — Rick Porcello (0-1)
Burnett (NYY): 5.2 IP, ER

Game Five (Thursday)

Doug Fister (0-1) vs.
Ivan Nova (1-0)
Nova (Game 1): 6.1 IP, 5K

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MORE ON THE JETS'
RUSHING WOES THIS YEAR

Jets: Running now a dream

There are plenty of excuses coming from the Jets about their lack of a rushing game — but very few answers.

In Sunday's 34-17 loss in Baltimore, the backfield tandem of Shonn Greene and LaDainian Tomlinson

combined for just 20 yards rushing on 13 carries.

The Jets point to falling behind as a big reason why they couldn't run the ball against the Ravens.

"It doesn't help when you're behind, which we've talked about before.

That obviously is part of the problem, but we just have to get better overall. We have to be better at blocking on the perimeter, we have to get better at handling the inside things, handling the blitzes, the stunts and things like that," head coach Rex Ryan said. "We have to get a heck of a lot better here. We're a team that prides itself on running the football ... and we haven't been successful so far."

✪ KRISTIAN DYER



► Tomlinson

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Bad boy goes bye-bye

Agent: Rangers to cut Sean Avery May end up playing in Europe

Rangers coach John Tortorella must want to spend less time at the mic, because the Rangers' season just got a whole lot less controversial.

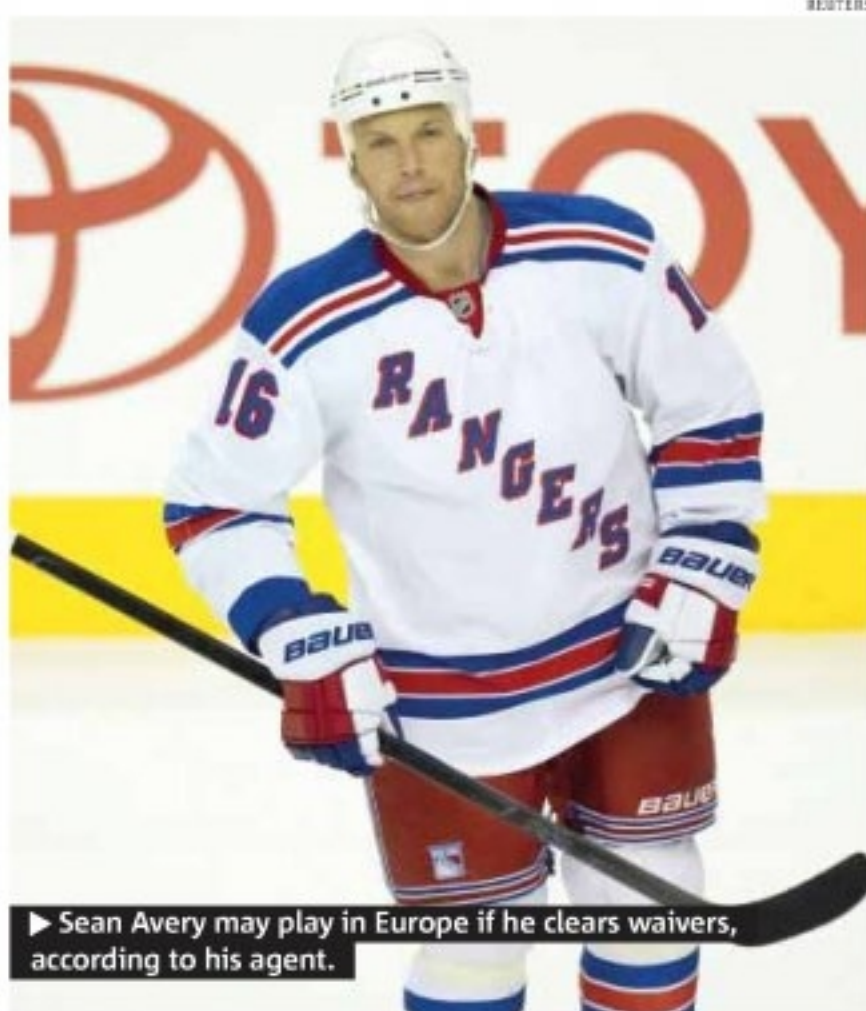
The NHL's perennial controversy magnet, Sean Avery, will be waived by the Rangers, according to his agent Pat Morris.

Avery made the trip to Europe with his team — the season opens in Sweden this Friday — but was a healthy scratch in the last two preseason games against European clubs.

Erik Christensen, who was battling Avery for the final forward spot on the roster, started those games and will presumably make the club.

"I think we have better players than Sean Avery — plain and simple," Tortorella said Tuesday.

Avery made news just last week when he accused Flyers' forward Wayne Simmonds of calling him a gay slur. **METRO**



▶ Sean Avery may play in Europe if he clears waivers, according to his agent.

NFL in brief



Harrison has facial fracture

STEELERS. Former Defensive Player of the Year James Harrison will be out indefinitely after fracturing his orbital bone in Sunday's game.

Harrison will undergo surgery today to repair the bone around his right eye.

"Needless to say, he is going to be out for a number of weeks," head coach Mike Tomlin said.

"I will have more details regarding that injury and the rate of recovery and so forth after he has the surgical procedure tomorrow to get that fixed."

Lawrence Timmons will take over at right outside linebacker.

Former Rutgers LB has surgery

COLTS. Eric Foster, who suffered a nasty injury on Monday night, had successful surgery to repair his dislocated right ankle yesterday.

He will be out for the rest of the season.

Foster, who was at Rutgers from 2003-2007, had become an important part of the Colts' defensive line this season. The injury occurred when he was rolled up on by a teammate. **METRO**

174

Penalty minutes for Sean Avery in the 2010-11 season. That was eighth highest in the NHL last season. He had 15 majors as well.

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WEDNESDAY, OCTOBER 5, 2011

Rangers stake spot in second-straight ALCS

PIERRE DUCHARME/REUTERS

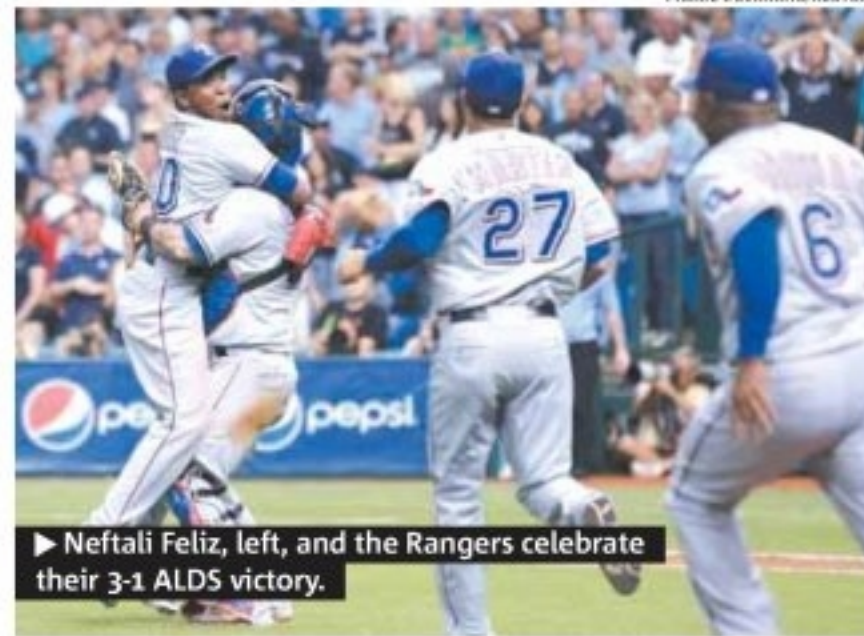
Somebody better tell Adrian Beltre he isn't in a contract year.

The Rangers third baseman hit three home runs to carry Texas to a 4-3 win and their second-straight appearance in the American League Championship Series.

Beltre, who signed a six-year deal with Texas in the offseason after leaving Boston, is notorious for his lack of production after signing long-term deals.

Consider the Rangers completely free from buyers' remorse after yesterday's performance.

Despite the final score, Texas was in control for most of the game. Ian



► Neftali Feliz, left, and the Rangers celebrate their 3-1 ALDS victory.

Kinsler led it off with a home run to give the Rangers a quick lead. Beltre homered in the second, fourth and seventh innings to secure the victory.

Texas starter Matt Harrison struck out nine, despite lasting only five innings, while the bullpen took care of the rest.

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LLC upon whom process
against it may be served.
SSNY shall mail process
to: LLC c/o 321 E. 178th
Street, #2b, Bronx, NY
10457 Purpose: Any
lawful activity

NOTICE OF FORMATION
of Ajax Consulting LLC.
Art. Of Org. filed with Secy.
Of State of NY (SSNY) on
August 24, 2011. Office
location: Westchester
County. SSNY designated
as agent of LLC upon
whom process against
it may be served. SSNY
shall mail process to: Neil
D. Ash, 122 East 42nd
Street, Suite 1507, New
York, NY 10168. Purpose:
Any lawful activity.

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of Mactas & Alper LLC.
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Secy. Of State of NY
(SSNY) on August 24,
2011. Office location:
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Z & L 18 REALTY LLC.
Articles of Organization
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NY (SSNY) on 12/18/2009.
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as agent of LLC upon
whom process against it
may be served. SSNY
shall mail process to: c/o
8741 26th Ave., NY, NY
11214 which is also the
principal business location.
Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN,
PURSUANT TO LAW
that the NYC Department of
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Hearing on Wednesday, October 12,
2011 at 2:00 p.m. at 66 John Street,
11th floor, on a petition from Arts LLC
to establish, to maintain, and operate
an unenclosed sidewalk café at 88
University Place in the Borough of
Manhattan for a term of two years.

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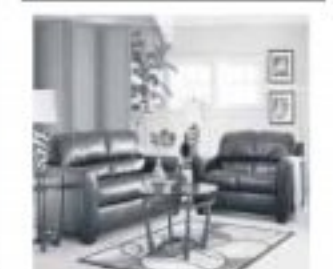
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Market watch



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PRICIEST
\$30M

249 Central Park West

The most expensive property this week is a four-bedroom mansion with more than 10,000 square feet of interior space and fireplaces in nearly every room. It is listed by Brown Harris Stevens.

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The complete terms are available in the Offering Plan from the Sponsor, C007-0225. Sponsor: Arverne/Brianwood II, LLC, 36-36 Bell Boulevard, Bayside, New York 11361. Selling Agent: Brianwood Properties, Inc. All purchasers must have good credit history. Owner occupancy is required for Purchasers. Prospective applicants who currently own or have, within the last 5 years prior to the date of their application for these apartments, purchased a government subsidized home will be ineligible to purchase a home. 20 year tax abatement from abatement commencement. For the first 10 years from abatement commencement taxes are payable only on land. Your home is 100% exempt. Appliance package, 3% down (assumes purchaser qualifies for Sanyas loan), closing cost credit, all offers, prices maintenance, income & asset limits, are subject to change. Contracts are subject to approval by the New York City Department of Housing Preservation & Development and NYC Housing Partnership.



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WEDNESDAY, OCTOBER 5, 2011

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"When a commuter comes home, they deserve fine living and total relaxation" says Daniela Pinto, Sales and Marketing Director for Edgewood Properties. "We design our properties with that experience in mind."

In fact, Hamilton is dubbed one of America's Best Places to live. Close to the cultural riches of Princeton and New York, and an easy drive to the Jersey Shore, residents enjoy a world-class sculpture garden, dozens of parks and recreation opportunities, and more.

Headquartered in New Jersey, Edgewood Properties believes that luxury should be part of the home-buying process as well as the home. With high-end communities throughout the state, quality and design are the Edgewood Properties hallmark.

Visit www.EdgewoodProperties.com for more information.

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NEWLY CONSTRUCTED APARTMENTS FOR RENT

St. Ann's FG Owner LLC is pleased to announce that applications are now being accepted for 160 affordable housing rental apartments now under construction 755 & 775 Eagle Avenue in the Midtown section of The Bronx. These buildings are being constructed through the Low-Income Affordable Marketplace Program (LAMP) of the New York City Housing Development Corporation and the Low-Income Rental Program (LIRP) of the New York City Department of Housing Preservation and Development. The size, rent, and targeted income distribution for the 160 apartments are as follows:

# Apts. Available	Apartment Size	Household Size*	Monthly Rent**	Total Annual Income Range***	
				Minimum	Maximum
6	Studio	1	\$492	\$18,651 - \$22,920	
11	Studio	1	\$778	\$28,457 - \$34,380	
11	1 Bedroom	2	\$529	\$19,589 - \$22,920	
47	1 Bedroom	2	\$636	\$30,514 - \$34,380	
13	2 Bedroom	3	\$644	\$24,000 - \$29,480	
69	2 Bedroom	3	\$1,012	\$36,617 - \$44,220	
2	3 Bedroom	4	\$738	\$27,703 - \$32,720	
10	3 Bedroom	4	\$1,163	\$42,274 - \$49,080	

*Subject to Occupancy Criteria **Includes gas for cooking ***Income guidelines subject to change

Qualified Applicants will be required to meet income guidelines and additional selection criteria. To request an application, mail a SELF-ADDRESSED STAMPED ENVELOPE to: St. Ann's FG Owner LLC c/o: The Wavecrest Management Team, 57-14 116th Street, Richmond Hill, NY 11418, or download from www.stannsfg.com. Completed applications must be returned by **regular mail only** (no priority, certified, registered, express or overnight mail will be accepted) to a post office box number that will be listed with the application, and must be postmarked by **12/09/11**. Applications postmarked after 12/09/11 will be set aside for possible future consideration. Applications will be selected by lottery; applicants who submit more than one application will be disqualified. Disqualified applications will not be accepted. A general preference will be given to New York City residents. Current and eligible residents of Bronx Community Board 1 will receive preference for 50% of the units. Eligible households that include persons with mobility impairments will receive preference for 5% of the units; eligible persons that include persons with visual and/or hearing impairments will receive preference for 2% of the units; and eligible City of New York Municipal Employees will receive a preference for 5% of the units.

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INDIGO 141
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Adding fun and color to your kitchen

► One of two twin Brits behind stylish homeware line Joseph Joseph tells us about his must-have cooking tools ► Our shopping list just got smarter

Chances are, the colorful chopping boards and bright salad bowls that jump out at you from aisles of boring steel home products are courtesy of Joseph Joseph.

"We understood that you need functional products, but you got to make them look cool because functional products usually look awful," says Richard Joseph, who along with his twin brother, Antony, launched a line of stylish, award-winning kitchenware in 2003.

And though their products are sleek and smart (just check out their Elevate tools, below right, to see what we mean) they're affordable enough for young pseudo-cooks like you.

"We cook, but [we] like casual cooking. We love to entertain, and we don't take cooking too seriously," says Joseph. "So we want our products to be durable and fun. Our products are much more about allowing people to have [a good time] with their cooking."

Five products in his kitchen

1 "The idea is that you can chop on this cutting board that has a handle. When you squeeze the handle, it turns into a chute and then you can pour the food on your board directly into a pot." **Joseph Joseph Chop2Pot, \$16, www.josephjoseph.com**

2 "You know we drink a lot of tea in the U.K., so a kettle is an important piece of kitchen equipment. I like Michael Graves' Whistling Bird Kettle. When the water boils it whistles a chime, like a bird." **Alessi Michael Graves Whistling Bird Kettle, \$175, www.amazon.com**

3 "These are classic French kitchen knives. I think the design is iconic. They're stunningly beautiful; and when you hold one, it's very well-balanced, which is very important." **Sabatier cooking knife, \$46, www.sabatier.us**

4 "Initially, we were designing for small kitchens where you have small, square sinks. So we maximized the size of the strain of the colander by making it square. Also, the design of the handle is very ergonomic and easy to use. I have it in lime green. I love lime green in my kitchen." **Joseph Joseph Square Colander, \$8, www.josephjoseph.com**

5 "Microplane uses a particular type of metal on their graters and it's amazing. It is really sharp and does really fine grates. They are so superior to others on the market." **Microplane Artisan series grater, \$10, www.microplane.com**



Their most popular products

"Our range of kitchenware called Elevate, which are tools with elevated heads, so they don't come into contact with the table or surfaces, making them hygienic. When you put them down, they are always elevated off the table."



TINA CHADHA
tina.chadha@metro.us

Battery Park City condos LEED the way

► Queens is the only borough with no LEED-certified residences

Battery Park City is home to more than one-fifth of the Leadership in Energy and Environmental Design residences in Manhattan, according to data by the U.S. Green Building Council, the group that developed the LEED rating system.

Of the 23 LEED-certified residential buildings in Manhattan, five are located on the reclaimed swath of land at the island's southwest tip: the Riverhouse, the Millennium Tower Residences, the Verdesian, the Tribeca Green and the So-laire, which in 2004 became

the first residential tower in the U.S. to go LEED.

Manhattan may be the top borough, but the Bronx is not far behind with 15 certified residential projects. Queens is the only borough without a single LEED residence, while Brooklyn and Staten Island have six and two, respectively.

While hard numbers on the economic perks of sustainable building are limited, some studies have shown that certifications like LEED help homes sell faster and fetch higher prices.



► There are five LEED-certified buildings in Battery Park City.

The boroughs

by the numbers

- The Bronx dominates the outer boroughs thanks to the Rauch-Goldblum residence in Riverdale — which became New York's first single-family home to earn LEED certification in August 2008 — and a number of environmentally friendly, affordable housing projects financed by the city and private developers.
- Brooklyn's LEED-certified buildings include the Green-

belt condominiums in Williamsburg, the Third + Bond condos in Gowanus, and a 41-unit Habitat for Humanity development in Brownsville that was certified in November 2009.

- Staten Island is home to two LEED-certified residential projects: the 12-acre Markham Gardens development, a 290-unit collection of affordable duplexes and low-rises, and the New Stapleton Waterfront, a 35-acre mixed-use residential community on a decommissioned U.S. Naval base.

LEED is not the only measure of a neighborhood's environmental standing, of course, nor is it the only marker of a sustainable home. But Green Globes, a competing building assessment program run by the Green Building Council, has yet to certify a residence in the city (a spokesperson for the organization insisted there would be some within the year).

Energy Star, the federal program that measures a building's energy efficiency, does not keep track of which homes in specific

neighborhoods or boroughs have earned the designation. Across the New York-Northern New Jersey-Long Island metropolitan area, there are currently 31,135 Energy Star-qualified homes, no doubt dwarfing the number of LEED homes in the region, although the USGBC data represents a different geographic area.

LEIGH KAMPING-CARDER

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Are low interest rates played out?

► It's conventional wisdom that low interest rates stimulate home sales ► But in today's roller-coaster economy, conventional wisdom does not seem to apply

Despite the optimism of brokers, analysts say low rates, as a symptom of wider economic malaise, may actually hinder home sales in New York.

"Brokers may use low rates as a reason to [convince clients to] buy, but the flaw with that argument is that you can't just look at rates and dismiss investors' confidence," says Noah Rosenblatt, the founder of UrbanDigs, a property consulting and analytics firm.

Freddie Mac reported last month that 30- and 15-year fixed-rate mortgages were at historically low levels of 4.12 percent and 3.33 percent, respectively.

And, rates show no signs of going up, experts say.

"Brokers may use low rates as a reason to [convince clients to] buy, but the flaw with that argument is that you can't just look at rates and dismiss investors' confidence."

NOAH ROSENBLATT

The other side

Analysts say that the continued depression of rates has undermined their effectiveness.

"The way I look at it is, the benefit [of low rates] has played itself out," Miller said.

Typically, real estate insiders interpret low rates as a catalyst for sales. Indeed, since Fed chairman Ben Bernanke and the central bank started lowering rates in earnest to counteract the downturn in 2008, brokers have been touting the fact that it's an unparalleled time to lock in low rates.

This time around, however, it's unclear whether less expensive mortgages will have the same effect that they've had in the past.

The city is already seeing some evidence of that — buyers did not jump into the market in force after the Fed's August interest-rate announcement.

Jonathan Miller, CEO of



Miller Samuel Real Estate Appraisers, says low rates are stalling sales because banks have ever-stiffer borrowing requirements.

"How do [banks] make the lending to John and Mary similar to borrowing

from the Fed virtually risk-free?" he says. "It's by making the requirements Draconian, so that there is no shadow of a doubt that the buyer who's borrowing the money will ever default. Until that changes, there can't

be a housing recovery." LEIGH KAMPING-CARDER

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Expert tips



► If you've ever wondered how the super-rich sleep at night, look no further than the Vi-Spring Majesty, which retails for over \$85,000.

Sleeping beauty

Back specialist Noel Kingsley advises us on our bedtime posture:

- 1 When reading in bed, it's best to be supported by two or three pillows behind your back. Sit up, relax your arms and keep your neck free.
- 2 Avoid sleeping on your front as this can squash the rib cage and cause neck tension and pain.
- 3 When shopping for a mattress, make sure to test-drive models. Remember: You need to lie down on a bed for at least 15 minutes.

Thread count breakdown

Sue Smart, a buyer for linens at Harrods, explains why to splurge on 400 thread count sheets.

- Thread count refers to the number of threads per square inch. Example: 120 horizontal and 120 vertical threads equals a TC of 240.
- Generally, a higher thread count means higher quality. Also, look for leading cottons such as Pima and Egyptian.
- Avoid polyester cotton because it becomes very hot and it also has a tendency to pill.
- Silk is the best because it is naturally hypoallergenic, so it adjusts to your body temperature.

RICHARD PECKETT
METRO WORLD NEWS IN LONDON

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CHIC CONDO LOFT 26th St/E Excl. Across from Madison Square Park. 1,200SF, 12' ceilings, cornered living room. Chef's kitchen. Large dressing area. Marble en suite baths. Walnut floors, CAC, W/D. \$1.55M. Web#2006143
Zoraida Morales, VP 212.317.7818



SPACIOUS AND SUNNY 264 E Broadway Excl. Gorgeous 4BR combo, mint condition. F/S bldg. E/W/N expos, river/city views + terrace. High floor, 9' ceil. Laundry, playground, storage, garage. Maint \$1,428. \$1.39M. Web#1945417
Aviva Aranovich, VP 212.381.2690



2 BEDROOM CONDO \$899K 93rd West Excl. Best value, totally renov 2BR on a high floor with terrace. W/D, Caesar Stone counter tops, marble bath. Super low carrying costs. 24-hour doorman, close to all. \$899K. Web#2010520
Anna Milat-Meyer, VP 212.381.2296



SPACIOUS RENOVATED 2BR 40s/E Excl. Charming prewar, 942SF, renovated w/contemp finishes. Large living/dining room with w/bfp and good natural light. Spacious master bedroom w/ walk-in closet. F/S bldg. \$895K. Web#1489617
Louise Phillips Forbes, EVP 212.381.3329



PREWAR 2BR, 1.5 BATH UWS Excl. 24-hour doorman, live-in super, eat-in kitchen. Office, living room and bedrooms face west. Hardwood floors, prewar details. Roof garden. Near parks and restaurants. \$885K. Web#1965867
Leonard Gottlieb, VP 212.381.2339



3BR + MAID'S ROOM FOR \$719K Washington Heights Excl. Spacious apartment in a full-service grand co-op on Riverside Drive. Dining room, separate laundry room, 2 baths. Close to #1 train. \$719K. Web#1981990
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LIGHT, BRIGHT AND RIGHT GV/NoHo Excl. Location, location. Bring your sunglasses to this chic 1 bedroom with wall of windows, renovated kitchen and bath, and more closets than you can imagine. \$650K. Web#49002
Lisa Wiener Koenig, SVP 212.381.6535



LOVELY 4 ROOM WITH TERRACE 80s/E Excl. Spacious 1BR with dining area, new kitchen, home office/den, big bedroom, 18' terrace. City view, renov bath. Mint, top doorman building. Pretty block. Pets ok. \$639K. Web#2217685
Pat Harbison, EVP 212.381.2205



PENTHOUSE TERRACE LES Excl. Spacious 1 bedroom with enormous set back terrace - 250SF approx and dramatic open East River views. Needs work. Maintenance \$730. \$599K. Web#172701
Neal Young, SVP 212.381.6510



CV 2BR WITH PANORAMIC VIEW Wash Hts/Hudson Hts Excl. 2BR, "8" line, full river view. Large sunken LR, gracious layout. Good estate condition. F/S bldg on 7+ acres. Gym, roof deck. 20 min to Midtown. \$599K. Web#1969000
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AMAZING CONDO DEAL 40s/East Excl. Terrific 1 bedroom in doorman building, great light. New kitchen, wood floors. Roof deck, gym, great closets, onsite garage. Close to all transportation. \$595K. Web#1982652
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FABULOUS SUNSETS GV/Chelsea Excl. Bright high floor alcove studio/1 bedroom with renovated kitchen and bath in full one of Chelsea's most sought-after luxury cooperatives. \$549K. Web#2006941
Ruth Sobie, SVP 212.381.6528



JR 1BR CONDO FOR \$499K 93rd/W Excl. 24-hour doorman condo. Lots of closet space, separate renovated kitchen, marble bath. 1 block to park, 2 blocks to subway and Whole Foods. Low CC. \$499K. Web#1921668
Anna Milat-Meyer, VP 212.381.2296



LUXURY CO-OP 1BR Gramercy Excl. Quiet and comfortable. Features large living/dining area, separate galley kitchen, ample closets and hardwood floors. Located in top, full service, luxury Gramercy co-op. \$459K. Web#1963485
Robyn Diamant 212.381.2261



MOVE RIGHT IN LES Excl. Spacious 1BR with 2 exposures, huge windowed eat-in kitchen and mint renovated windowed bath. Co-op has a 24-hour security and a fully equipped gym. Maintenance \$771. \$399K. Web#1960929
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Neal Young, SVP 212.381.6510



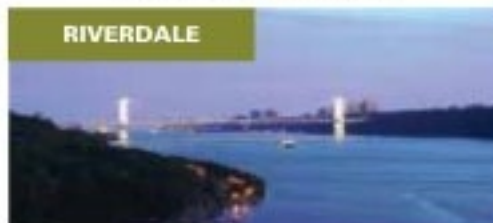
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